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# LAMORINDA WEEKLY

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Wednesday, April 15, 2009



Gaylan Ishizu, Pharmacy Manager at Longs/CVS in Moraga, hopes there will soon be a safe drug disposal site in Lamorinda

The Central Contra Costa Solid Waste Authority (CCCSWA) has initiated a pilot program, in partnership with Central Contra Costa Sanitary District (Central San) and the City of Walnut Creek, for the safe disposal of pharmaceuticals. Unfortunately, in spite of these efforts, local pharmacies and agencies still recommend disposal methods for medications that can be dangerous for our environment and, ultimately, for our drinking water.

In an unscientific survey, we made a few phone calls to inquire of some local drugstores and agencies as to how to get rid of expired medications. Evidently, word of the proper method by which to dispose of meds has not reached our local drugstores and public agencies, because we received a variety of questionable advice. Only one pharmacy, the Medicine Shoppe in Orinda Village Square, directed us to the disposal bin at Walnut Creek City Hall.

The first call was to the drugstore at which our caller had purchased a specific medication. "We do not recycle it," said the pharmacy receptionist he was transferred to, "the best way is to leave the medicine in its container, fill it with water, add cayenne pepper, close the bottle, wrap it in duct tape and throw it in the garbage."

Intrigued by this recommendation, our caller contacted other stores that sell medications. He received similar advice from another pharmacy, "put water in the container, dissolve the material, close it back up and toss it in regular trash," said the clerk, who added, "that's how we do it." A follow-up call to that store's licensed pharmacist yielded a different response. The pharmacist said that they send their expired medicine to an out of state location and get credit back. ... continued on page 7

## Got Drugs?

**Safe Disposal of Medications**  
By Sophie Braccini

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## County Cuts Hit Sheriff's Office, 4-H Program Given Reprieve

By Jennifer Wake

The Contra Costa County Board of Supervisors approved a budget on March 31 that cut \$50 million from county programs, resulting in potential layoffs of 56 sheriff's deputies and 18 district attorneys, as well as the elimination of non-emergency health care to adult undocumented residents.

Fortunately, Lafayette and Orinda police de-

partments, which contract police services through the Contra Costa County Sheriff's Department, do not foresee any adverse consequences from the cuts.

"Because the deputy sheriff positions with the Orinda Police Department are fully funded by the City of Orinda there will be no layoffs," said Orinda Police Chief Bill French. "I do not anticipate any drop off in

the level of service that we offer the residents of Orinda. We will continue to provide the best service possible. Times are tough, but there has been no impact thus far."

And in a surprise decision, the County's 4-H program got a reprieve.

... continued on page 5

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## EBMUD Considers Suspending Mandatory Water Conservation and Raising Rates

By Sophie Braccini

On Tuesday, April 14, the East Bay Utility District's (EBMUD) Board of Directors was scheduled to hear a staff recommendation to suspend the Drought Management Program requiring severe mandatory water conservation and to adopt a significant two-year rate increase. The rate increase could be effective either July 1 or at the end of September. At press time the meeting had not taken place, so we will update this article on-line as soon as information becomes available; go to [www.lamorindaweekly.com](http://www.lamorindaweekly.com), click Read Online and then click the story link.

As it does each April, EBMUD receives a report defining water reserves for the rest of the year. The combination of a 13% drop in water consumption from last year, and a more acceptable level of precipitation have replenished reserves to a level

that now allows the agency to loosen its policy on restricting water usage. This year, storms have delivered 85% of average precipitation to-date. While this performance is better than last year, it will leave the agency far from the 600,000 acre feet of maximum water storage. The reserves should exceed 445,000 acre feet in September, a level that's historically caused EBMUD to ask for voluntary conservation from its users, not mandatory.

John Coleman, the EBMUD Board member representing Lafayette, among other cities, explained his position. "I plan to ask for the end of mandatory rationing in July," said Coleman, "users have shown a tremendous amount of responsibility and now that we have improved reserves we need to reward them."

... continued on page 7

## Warning: Road Work this Summer on Moraga Road

By Sophie Braccini

Sound familiar? Not to worry, the traffic this summer on Moraga Road will not look like it did in 2008. It will, however, bear some resemblance as the public works departments in Moraga and possibly Lafayette are planning to patch and seal the popular route.

Last summer saw a big traffic challenge, as the East Bay Municipal Utility District (EBMUD) disemboweled Moraga Road to add an additional much needed water pipeline. Residents may remember the road closure and flaggers on the alternate routes; the resulting congestion was not as bad as we feared.

So what will happen? Three projects should hit the streets concomitantly. In Lafayette, the town

is contemplating cap sealing the portion between Rimrock Road and the city limit (Sky Hy Dr.) The most unpleasant part for us drivers is that Moraga Rd is very narrow there and that the best solution for expedient work is to close the road. According to Matt Luttropp, Lafayette Associate Engineer, this work shouldn't take more than three days.

In Moraga the work will be divided into two much more involved projects. First a rehabilitation of Moraga Road between Sky Hy and Buckingham Drive, then the resurfacing of the artery between Buckingham and Draeger. Why two projects and not one? In a word: financing.

... continued on page 3

## Serving More Than Sandwiches at the Huckleberry Café

By Cathy Tyson



"The curried chicken salad sandwich is very popular, also the turkey, avocado and bacon. Our brownies are delicious - very chocolatey and chewy," said Jacquie Allen, Program Director of the Huckleberry Café-To-Go. Although the food is terrific, this small business actually focuses on training the staff. "I am just so proud..." **Read on page 5**

## The Gift of Time: Skilled Volunteers Found in Local Retirees

By Jennifer Wake



Not long ago, retirement was considered a time for travel and leisure. Today, more retirees are seeking to continue an active role in their communities, volunteering as a way to stay connected. Moraga resident and Town Councilmember Mike Metcalf didn't slip quietly into retirement. With an engineering... **Read on page 8**

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# Lafayette

# Lamorinda Community

# Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, April 27	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, April 16 Thursday, May 7	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, April 21	
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	



**Missing Cell Phone, 3/25/09**  
Lafayette Police were notified about a missing cell phone at Acalanes High School. The owner of the \$100 AT&T cell phone had placed the phone on the ground during a lacrosse practice. When he went to retrieve the phone after practice, it was gone. There are no leads at this time.

**Trash Bin Food and Warrants, 3/25/09**  
Lafayette Police made contact with a subject who was eating out of the trash bin next to Panda Express on Mt. Diablo Boulevard. When police ran the subject's name, they discovered he had 5 outstanding warrants in Alameda County. The man was arrested and taken to the Martinez Detention Facility for booking. He was likely delighted with the fresh jail food.

**Vehicle Burglary, 3/26/09**  
A Sunset Loop resident discovered an unknown suspect had burglarized his car. The police report indicated missing goods were valued at \$350 and damage to the vehicle was estimated at \$300. There are no leads at this time.

**Renew or Call Yellow Cab, 3/28/09**  
Lafayette Police pulled a vehicle over for a routine traffic stop on Highway 24 at St. Stephen's. Police discovered the driver was driving on a suspended California Driver's License. The driver indicated she knew her license was suspended. The woman's car was towed from the scene and she was sent home in a Yellow Cab. We suggest that citizens renew their driver's licenses before they expire.

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## Recommendations for the Specific Plan

By Cathy Tyson

Height and density in the development area would be reduced from the current draft Downtown Strategy and Specific Plan according to the recommendations of the Building Height and Density Subcommittee. Tasked with reviewing the Specific Plan, the Subcommittee took into account views, topography, existing uses and infrastructure. After a year and half of hard work, they came up with some significant differences, in most instances proposed building heights and densities were reduced from the WRT plan.

The Subcommittee's recommendations were presented to the City Council this week (after press time) along with input from a number of volunteer committees, interest groups like the Lafayette Homeowners Council and individual citizens. Anticipating that the scheduled three hour meeting will not be adequate to hear from all interested parties, **a second all-day meeting is scheduled for May 9, 2009.**

Keeping the small town flavor of Lafayette is a common refrain heard in Workshops and countless meetings, the Subcommittee felt that increasing the density to 65 dwelling units per acre, as spelled out in the draft Plan, "will greatly impact the town, potentially changing its character. Therefore, we recommend eliminating them from the Plan," noted their report. Instead, they recommend 35 dwelling units per acre, with one

small exception that is adjacent to the BART station at 45 dwelling units per acre.

In order to keep the scale low as part of the transition into the downtown area, the Subcommittee suggests a twenty-five foot height limit at the Hungry Hunter site and changed the properties next to the Lafayette Park Hotel from 42.5 feet high to 35 feet high with a corresponding reduction in density. Nearby properties adjacent to Highway 24 would also be reduced from 42.5 feet to 35 feet.

The height reduction theme continued along Mt. Diablo Boulevard from Moraga Road to Blackwood including Golden Gate Way, "At the Downtown Civic and Cultural district, we recommend changing the proposed 42.5' height / 45 dwelling units per acre to 35' height/35 dwelling units per acre along the north side of Mt. Diablo Blvd. Our thinking is that the large retail block between First Street and Oak Hill Road (Safeway and Whole Foods) has two protected views across its extent, therefore we feel the 35' height limit should remain," noted the report.

"I think the proposal of the Subcommittee is a great improvement of what WRT has proposed," said Elliott Hudson who attended the Planning Commission meeting at which the Subcommittee report was presented. "I urge the commission to get rid of height increases." Ann Coleman, one of the owners of Diamond K said, "I too am against increased heights."

Tom Chastain sits on both the Downtown Strategic Plan Advisory Committee (DSPAC) and is a member, along with Jeanne Ateljevich, of the Building Height and Density Subcommittee. He said that although the Advisory Committee is composed of over a dozen members with different points of view, they were able to "arrive at a consensus on issues." He said, "It's all part of a process."

Even "Funky Town" also known as the Brown Avenue area would have a 25 foot overlay, to promote its small scale and keep the current structures. The Subcommittee report also spelled out recommendations for the downtown retail district, east end and residential areas.

In a February 24 open letter to the City Council, the Lafayette Homeowners Council noted several concerns with the Draft Strategy and Specific Plan including, "The downtown as shown is too dense, the buildings too tall, the setbacks, too short." Other concerns included traffic congestion, maintaining a semi-rural identity, maintaining creeks and parks along with a number of other concerns.

"I'd like to see the City do more studies on height. This is not a city that hankers for more yuppie stuff," said Jeanne Ateljevich, Planning Commissioner and DSPAC member.

To view the draft Plan and support documents, go to [www.lovelafayette.org](http://www.lovelafayette.org) and scroll down to Downtown Strategy News.

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## Town Hall Theatre Flood Aftermath

By Cathy Tyson



Lobby stairs Photo provided

Although 1,000 gallons of water gushing from the second story of a 94-year-old building is never a good thing, it could have been much worse. Coming right in the middle of spring break, much of the Town Hall Theatre staff was out of town. Lamorinda resident Denise Murphy happened to be driving home that April Fool's evening when she noticed water flowing out the front door. Luckily at that point the malfunctioning sprinkler had been running for less than an hour.

"To our amazement, the stage and the production room were dry," said Dennis Erokan,

Board President, so only one performance of "The Odd Couple" was cancelled. Just days before the flood, Director of Education, Janice Peacock had negotiated with Butler-Conti Dodge to use a portion of their space for off-site classes, due to their increasing popularity. The building owner generously gave Town Hall Theatre the rest of the space to use as a temporary home for rehearsals and storage after hearing of the water damage. Finally the one computer that was spared contained all of their important back-up data.

The big white tent on the side of the building is the new interim lobby during the expected three to five months of construction and a temporary wall was put up so that the bathrooms and lift are now available for patrons to use.

"This theatre is a gem and with help from our community, it will come back stronger than before," said Amy Goodheart, Board Member and Fundraiser. "I get a little gushy every time I say how proud I am of everyone at the theatre and the tremendous effort they made. Our new artistic director, Clive Worsley worked tirelessly for 48 hours and coordinated with Service Masters to dry us out, Dennis Markham and Emily Garcia figured out how to make an outdoor box office work without any electricity or internet connection and our teen helpers were swabbing down the porta-potties before guests arrived for the show."

The final bit of good news is a fundraising gala was already in the works, scheduled for May 16. Because they usually function with a very tight budget, coming up with a \$5,000 insurance deductible will be challenging, along with other costs that Erokan expects could add up to \$25,000. At least the fundraiser couldn't have come at a better time. For more information go to [www.thct.org](http://www.thct.org).

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# Moraga

Calendar	
Town Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo Wednesday, April 22	
Planning Comm.	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, April 20	
Design Review	7:30pm
Hacienda, La Sala Room 2100 Donald Drive Monday, April 27	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive Tuesday, April 21	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, May 8	

The Town of Moraga has a newly formed committee, Americans with Disability Act (ADA) Advisory Committee. Next meeting will be **Monday, April 27 at 5:30pm**, Moraga Library Conference Room.

Town of Moraga online: <http://www.ci.moraga.ca.us>  
Chamber of Commerce: <http://www.moragachamber.org>



D.U.I., 4/02/09 At just after 2:00 in the morning, officers responded to Moraga Road near Corliss after being alerted by St. Mary's Public Safety that an occupied vehicle was wedged in a drainage canal. The 21 year-old driver had "objective signs of alcohol intoxication" along with a bottle of Irish Whisky. The vehicle was towed and the driver was ticketed.

Battery, 4/03/09 Not the energizer kind. Moraga police were dispatched to a report of battery that had occurred on Rheem Boulevard near La Salle Drive. One car was tailgating another, then was able to accelerate over a double yellow line to pass the slower car. Slow driver followed fast driver to Rheem Boulevard where he confronted him and pushed him to the ground. Although the victim was scratched by the bushes he fell on, he refused medical attention. He does wish to have the case reviewed by the district attorney.

Identity theft, 3/30/09 A Calle la Montana resident discovered that an unknown suspect used his name and social security number to obtain a line of credit on an American Express card to illegally purchase airline tickets, and a \$700 Macy's gift card. The reporting person had no idea how the suspect(s) were able to obtain his personal information.

Found bike, 4/03/09 An anonymous caller notified police that a mountain bike was in the bushes on Chalda Way near Williams for the last two days. Moraga P.D. recovered the red and silver Schwinn mountain bike. If you or someone you know is missing such a bike, call the cops at 376-2515.

## Lamorinda Community

### Moraga Country Club's Members Support New Club House

By Sophie Braccini



Frank Melon shows where the new Club House will be located  
Photo Sophie Braccini

Moraga Country Club (MCC) needed more than 67% of its members to approve the construction of a new clubhouse. 72% of the homeowners and 82% of the golf associates approved the project. Staff is now starting on a process that will probably span over two years and get MCC larger, safer and more convenient facilities.

The new building will be located where the existing one is, on St Andrews Drive off Moraga Way. "The new building will have roughly the same footprint as the present Club," says Frank Melon, General Manager of the Club, "it will replace the existing structure and take some adjacent space where storage buildings are now located."

The preliminary designs show an elegant country resort. "We want to preserve the semi-rural character of Moraga, while giving to our members the high quality facility they deserve," says Melon.

"The existing club was designed in 1974 to serve five hundred families, we now have about 1150," says Janice Kolbe, who was President of the Board until very recently, "the building is outdated and worn out. We could not justify repairing and replacing parts of the declining structure, when a new building, with reallocated space, would better serve our needs."

A few years ago a more expensive project was rejected by a majority of the members, but it seems that this time more effort was put into informing all of the stakeholders. "The consensus was built because the members were convinced of the true need for building replacement," explains Kolbe, "we spent a lot of time with an outreach program that was designed to communicate with each and every member. I believe that is how we got the project approved by such a

large majority."

The new building will offer 19,000 to 20,000 square feet of facilities on two levels, which will more than double the existing construction. It will feature an improved kitchen, a member lounge and a larger dining room. "It will be a very user friendly entity," says Melon, "we want it to be able to withstand earthquakes as well as be as energy efficient as possible."

The budget of the project is \$9.5 million. "We are financially strong," explains Melon, "probably one of the strongest clubs in the East Bay." The General Manager attributes the Club's good results to the mix of homeowners and members that contribute to it. The 500 homeowners are each expected to contribute \$2,500 in capital assessment and all of the 377 golf members will see their dues increase by \$300 a year.

The first year will probably be spent in planning and going through a series of approvals. During construction the Club is expected to continue its normal operations. "I'm not too concerned about the disruption," says Kolbe, "there will be some interference, but I believe the golfers and tennis players will still have regular use of their facilities. The swimming pool will be disrupted for a short time. There will be temporary structures to provide minimal facilities for food, offices, etc. It's all temporary, and I believe the members will understand that."

In spite of the potential disturbance, Melon says that the level of excitement of the members and staff is very high, "the membership deserves something nice," he says, "and we see that project as very good for the local economy, we hope to put to work as many local people as possible and we will recycle as much as possible of the existing structure."

### Warning: Road Work this Summer on Moraga Road

... continued from page 1

The work on the first section that will be excavated, repaired and then completely re-covered is financed by a \$540,000 grant from STP (Federal Surface Transportation Program). Jill Mercurio, Moraga Publics Work Director, just got Caltrans' approval to start bidding the project. "I wanted to be able to start the work before the stimulus packet money arrives," she explains, "that will give us a chance at getting a better pricing since contractors will still be hungry." This project should start mid June and be finished within eight weeks.

To complete the work, Mer-

curio will use Federal stimulus money. This second part is the resurfacing of the Buckingham to Draeger section with a sealant that contains recycled tires. It will include digging and repairs as well. Mercurio said that the rubberized sealant has been applied successfully on local roads such as Canyon Road and Highway 24.

The stimulus package money will not cover the entire cost, so Mercurio obtained an additional grant from the California Integrated Waste Management Board because the sealant uses recycled tires, and EBMUD contributes to the envelope because the Town's resurfac-

ing saved them some road repairs. The project should hit the road mid July and last 6-8 weeks.

Moraga does not plan to close the road. However, major road work does disrupt traffic, even when it is limited to 9 a.m. to 3:30 p.m., when this work will delay traffic (8 to 4 for the portion of work that will not delay traffic). Mercurio says that warning signals will be posted at major intersections in advance of the project so residents can choose alternate routes.

The icing on the cake? Mercurio also says that Orinda is not planning any significant work on Moraga Way at the same time.

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Youth Service.....10:30am  
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# Orinda

# Lamorinda Community

# Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, April 21	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, April 28	
Finance Advisory Committee	
Gallery Room, Orinda Library 26 Orinda Way Wednesday, April 22	
Mayor's Com. Liaison	8:30am
Community Room at City Hall 22 Orinda Way Monday, May 4	
City of Orinda:	
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Chamber of Commerce:	
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• local businesses	
• upcoming events	



**Residential burglary, 4/01/09** A Whitehall Drive residence had been undergoing a renovation and had been unoccupied since January. The homeowner happened to drop by the property in March, everything looked fine. He returned the next day to find the side door had been forced open and several tools were missing. Missing items include a \$150 drill, a \$100 sander and additional miscellaneous tools valued at \$100.

**Visa card gone, 3/30/09** A Montclair woman used her visa card at the Orinda Shell station. Later that night she was checking her belongings and couldn't find her card. Although she called the Visa card people the next day, there were already two unauthorized uses of the card, both at the very same Orinda Shell station. Unfortunately there is no surveillance equipment at the station.

**Drunk in public, again 3/29/09** Orinda's own usual suspect was causing trouble again. Although she lives on Moraga Way, she was adamantly knocking on the front door of a residence a few doors down the street. Residents in the neighboring house did not invite her in. Police have had numerous contacts with her, officers noted that she was barely able to stand without stumbling and that she had watery eyes and slurred speech. She was already on probation for another drunk in public charge. She was arrested once again.

**Petty theft, 3/28/09** An unknown suspect removed an elderly woman's wallet from her purse at a memorial service at a church on Irwin way. Nothing was seen or heard. Her credit card was used at multiple locations without her approval. How low can you go?



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## How to Buy "The Frog?"

By Sophie Braccini



The Frog in front of the orinda Library Photo Andy Schreck

Since the City of Orinda started to display sculptures in partnership with the Orinda Arts Council, some exhibits have appeared so beautifully matched with the panorama that citizens have asked that they become permanent displays. One of them is "The Frog" that seems to have been created to leap into the fountain that adorns the Library plaza. But beautiful art doesn't come cheap and the City doesn't have a lot of discretionary cash.

One of the suggestions offered by the Orinda Revenue Enhancement Task Force could help: a City Improvement Fund subsidized by residents that would be used for City programs

such as art in public places, police K-9, road repair, parks and recreation, City sponsored events and the Orinda Beautification program.

"Orinda residents are very generous and support many charities," says Mayor Sue Severson, we want to give them the opportunity to give back locally to the community they have chosen."

"A great many citizens have been 'Friends of Orinda' in the past, donating money to fund our canine officer "Chef" and to the Parks and Recreation Foundation," adds Council Member Victoria Smith, "we wanted to publicize that donations are cheerfully accepted, and can be

made for a specific purpose, like purchasing an artwork for public display, or fixing a pothole (we'll even name it in memory of the donor!), or even made without strings attached for the general good of the City."

The plans are still preliminary, but the Council agreed that the Mayor should take the lead. "I plan to meet with fundraising specialists in the coming week," says Severson, we haven't decided yet if a specific fund raising event will be scheduled, but it is possible."

The amount of money that the City would like to raise is still undecided, but Severson adds that right now the General Fund supplies \$15,000/year to support Orinda's events. "Private donations to support this fund would be helpful," she says, "and additional donations would allow more projects to be realized."

"We think that with enough donations for potholes, we can at least achieve the 'Miracle Mile!'" adds an optimistic Smith.

At this time, if you log on to the City of Orinda web site (<http://www.ci.orinda.ca.us/>), at the lower right corner of the page you will find a link to download a donation form to the Orinda City Improvement Fund. Severson reports having received many enthusiastic phone calls from residents. "Our City Clerk called to tell me that a gentleman came in today (April 9) with his check book to make a donation," she said.

## Turquoise: A New Gem in Orinda

By Dean Okamura

"Welcome my friend," is the warm greeting given to diners at Turquoise Mediterranean Grill. Located at 70 Moraga Way in Orinda, this jewel of an eatery shines as brightly as its namesake hue.

Opened in October 2008, owner, Talal "Tee" Hayder wanted it to be all about the food. "What you feed your family at home is always the freshest...that is what I want to give to the public," Tee says with pride.

Deep flavors and beautiful textures combine thanks to a commitment to making every possible ingredient fresh daily. "We don't cook your food until you order it," Tee adds, "We won't par cook anything."

Most quick serve restaurants find this level of quality price prohibitive. The industry mantra is to reduce costs. They become forced to buy prepackaged and frozen ingredients. That is a difference you can taste.

Turquoise' baba gannoughe has a wonderful texture and light twang of lemon. The hummus is dense and mild. If you order the kebab, you can be confident that it was ground only hours before your first bite. Homemade quality lingers in your palate.

Sure the flavors are spot on, but it's easy to get lost in wondering, "Was this just made?"

Joy oozes from the immaculate open kitchen as Tee and his father quickly pack 250 lunches for the Orinda Intermediate School. Linda Judkins, Food Service Director, says,"the

grilled chicken pita is one of the most popular pre-order items, the kids love them. They are one of the best items we've offered in my three years here."

The menu carries other "kid friendly" treats like fries from Idaho, one of the few prepackaged items Tee lets in the place and something he calls a "Pit-Za". This tasty little gem is a pita filled with cheese or kebab meat and heated like a pizza, cut in quarters, and gone before you know it.

As father and son pour their hearts into each dish, you are invited to relax and watch your food being prepared. There is a conspicuous lack of pretense or haste.

Make yourself at home and read a book or strike up conversation with Tee or his father. By the time you leave you'll be full and possibly a little smarter.

Growing up in Lafayette, graduating from Cal, and now living in Moraga, has given Tee a good understanding of Lamorinda. He comments on his strong feelings for the community and wants to offer a comfortable place for people to eat.

As an example, Tee recalls the Presidential Election last year, Tee made the decision to play sports on the flat screen TV. His concern was that politically biased news might agitate his customers.

That level of thoughtfulness is evident in every aspect of Turquoise. There are no shortcuts or compromises. Just quality food and friendly conversation made fresh daily for your family.



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# Life in LAMORINDA

## Serving More Than Sandwiches at the Huckleberry Café

By Cathy Tyson



Trainee Dina Greenburg, working in the Huckleberry kitchen

Photo Cathy Tyson

"The curried chicken salad sandwich is very popular, also the turkey, avocado and bacon. Our brownies are delicious – very chocolate and chewy," said Jacquie Allen, Program Director of the Huckleberry Café-To-Go. Although the food is terrific, this small business actually focuses on training the staff. "I am just so proud of the clients. We have between ten and fifteen clients working in the kitchen – a great crew."

Dina Greenburg, pictured above, is a trainee in the kitchen; she

says that she loves working there and it has helped her with her cooking skills at home. She considers it her job and is happy to receive a pay check while being trained.

"Without a generous outpouring of public support from the Lafayette Juniors, the Lafayette Community Foundation and many, many others none of this would have been possible," said Allen, referring to the recently opened catering kitchen. It took over a year to get the kitchen installed, due to sanitation regulations and other requirements

in the Future's Explored building just behind Chow on Wilkinson Lane.

Only open since December of 2008, the Huckleberry Café-To-Go provides valuable vocational training as well as food safety, sanitation and food service skills. It's the only commercial kitchen in the area that is staffed by developmentally disabled adults. With an emphasis on fresh, healthy ingredients it's easy to see why their products are so popular. The group provides lunch four days a week to the students of the Meher School in Lafayette and delivers lunches to some offices in the area.

Futures Explored, a private non-profit day program also provides supported employment, helping clients get and hold paying jobs. They have a job developer and job coaches to provide support - some of the clients work at Safeway and Round Table.

In addition to the Huckleberry Café-To-Go, Futures Explored runs the Nifty Thrift Shop on Golden Gate Way in Lafayette, also a vocational training site for adults with developmental disabilities.

Program Director Jacquie Allen is no stranger to catering and food service, she had previously worked at Las Trampas, where she supervised clients that prepared and sold baked goods at the BART station. The Huckleberry Café is the manifestation of her vision of a

meaningful life for all. She feels many people with disabilities want to work and earn a paycheck, as we all do. "I have been in the field for almost thirty years and it still makes me happy when I see someone master a skill or hold down a job out in the community. Huckleberry Café-To-Go is just another way to help people achieve their dreams."

Go to [www.futures-explored.org](http://www.futures-explored.org) and click on Huckleberry Café to find a menu and ordering information, or call (925) 284-3240 x224 for Jacquie Allen.

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## County Cuts Hit Sheriff's Office, 4-H Program Given Reprieve

... continued from page 1

At the March 31 meeting, the Board unanimously approved to fully fund through fiscal year end the University of California's Cooperative Extension (UCCE), which runs Contra Costa County's 4-H program.

Lafayette resident Scott Compton, who has been involved in 4-H for ten years, was surprised by the decision.

"Somehow the local 4-H program dodged the budget bullet for now," Compton said. "In light of the dire condition of economies – from worldwide to U.S., California to Contra Costa County – it was expected that the 4-H program would be impacted. And seeing that at the same Supervisors meeting, police and medical programs were under the knife, I was totally surprised that 4-H survived immediate cuts."

In a letter to 4-H Community members, Acting County Director Janet Caprile explained how the decision to fully fund UCCE through the end of June will "allow time for the Board to try to find a reasonable level of funding to keep us operating for the next fiscal year (July 1, 2009 – June 30, 2010)." The County currently pays 12 percent of the 4-H Program's annual budget.

"It is not over yet, but the situation looks more hopeful," she said. Caprile credits the decision to

grassroots efforts made by volunteers. "We would not have even this glimmer of hope and opportunity without the strong show of support from the many who wrote letters, made phone calls, and spoke at the hearings," she said. "The room was packed at both the March 17 and March 31 hearings with supporters who spoke eloquently on the importance of Cooperative Extension in Contra Costa County."

The UC Cooperative Extension's Youth Development Program (YDP) administers the 4-H program with support from the county, according to Compton, who has served as a liaison between clubs and the Cooperative Extension.

"The local office provides a central point for dissemination of information, coordinating county-wide activities, liaison with state/national organization, and meeting space. I believe that the county provides the building and funds staffing. But the overall program is that of UC," he said.

In Compton's opinion, every youth and adult learns from 4-H. "Many not familiar with the program think of 4-H as an animal-raising club, as it originally was," he said. "But there is so much more. Youth members pretty much govern their clubs. Local participation and

community service are a significant part of the program."

Although further cuts are anticipated, Supervisor Gayle Uilkema said the Board will continue to look for alternative means of funding, keeping a close eye on where the federal stimulus money will go within the state.

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**LAMORINDA Community**

**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:

I'm writing to express my profound disappointment with the Orinda School District for its apparent decision to eliminate the Environmental Education (aka the nature area) program at Wagner Ranch. This program is the heart and soul not only of Wagner but of the other three elementary schools in the district as well.

My son, now in 5th grade, has participated in this program since 3rd grade and this has been one of his most formative experiences at school. His understanding of and appreciation for nature, the environment, and other animals that share our world is far greater than his years would suggest because of the work and dedication of Toris Jaeger and the other staff at the nature area. This program has enabled him to feel that there was something special "for him" to connect with at Wagner. I always thought that the goal of the District was to provide that something for every child. My son is moving on to OIS next year so this is not about how this affects my family. I am deeply saddened to think that other children will not have the opportunity to experience what my son has been fortunate enough to experience.

The OUSD Board needs to listen to the people and the community they represent and work with concerned parents to find a way to save this program. I know that there is no "fat" anywhere in the system but the \$6 0,000 (which comes from parent donations, by the way) cost of the Environmental Education Program only represents less than 3/10 of 1% of the District's budget. Fund raising and minor adjustments to other programs could make this up if the Board made it a priority.

If something must be cut it would be far better to trim something that can be more easily reinstated when finances improve. To try to put the nature area Environmental Education Program back in place in the future without Toris Jaeger's passion and institutional knowledge will be like trying to put Humpty Dumpty back together. It will not be the same. At least provide Toris, who is nearing retirement age anyway, the opportunity to help put a restructuring plan in place and train her successors to carry on the program.

Sincerely,  
Fred Smith  
Orinda

Editor:

A week after the last performance, I continue to be awestruck by the unbelievable theater production of Disney's, Beauty and the Beast, put on by Campolindo High School's Music Department. It was a difficult ticket to get! Due to the history of "sterling" productions at Campolindo in past years, all of the tickets were sold out prior to the first night. That's eight shows and over 3600 tickets sold! Additionally, the cast and production crew ran two shows for local elementary schools to begin "whetting the appetite" of budding actors and actresses as they approach high school.

What made this production unbelievable? Well, first, the sets, the music, the talented performers; THE SHOW. It captured Disney's "vision." Beauty and the Beast could have played in Walnut Creek or even San Francisco and had widespread audience appeal. What impressed me most was the opportunity for involvement and the efforts by many. Listen to these numbers: 95 student performers, in two separate casts, captivating the audience with their acting, singing and dancing; 42 student musicians artistically performing Beauty and the Beast's musical score; 34 student production assistants moving sets, directing spotlights and opening curtains; and 172 parents, siblings and friends of Campolindo students volunteering their hearts out to allow these students this wonderful opportunity. Planning started in March of 2008, costumes were being sewn last summer, tryouts and callbacks were conducted in October and sets were being built in early January. WOW!

Special recognition goes to the students who filled our imagination so capably about Belle's quest to not be "odd," the Beast's desire to love and be loved and Gaston's unfulfilled fantasy of marrying Belle. To Stacey Kikkawa, Dave Pinkham and the entire artistic and production staff, your time, your patience and vision to help "mold" these actors and musicians into such capable performers was truly appreciated. Lastly, who will forget the hours and hours and hours of time by the many volunteers to paint backgrounds, build sets, feed actors, move people, sell tickets, deliver fan mail, bake cookies, sew costumes, sell roses, seat people, paint faces, etc., etc.?

Thank you for a wonderful experience. Beauty and the Beast was BOFFO! BRAVO! BRAVO! BRAVO!

Will Cogswell  
Moraga

**Public Forum JOIN IT**

**An open letter to Mayor Trotter and Members of the Moraga Town Council, from Bill Carman:**

Thank you for recognizing the dog owners of Rancho Laguna (RL). Mayor Trotter in your interview with the PTA last election season you demonstrated the deepest understanding of this issue. The Town Council has been receptive and fair to our complaints thus far.

Rancho Laguna is one of America's oldest (limited use) off leash dog parks since 1979. Ohlone Park in Berkley is the first recognized fenced in Dog Park (1979). Dogs have roamed free to play with other dogs at RL for 30 years. No incidents of human injury from dogs have been reported at RL. The 8.4 acres of Rancho Laguna, has served as an informal dog park to the Lamorinda Community. It has operated as a sports field, a camp ground, and training area for dogs off leash. In the morning and evening, the dog's owners had access to the park. The rest of the day was for people. We have had show dog champions, agility dogs, and dogs trained in search and rescue. Rancho Laguna has been a family place where the WHOLE family can come out to play with the dog.

Rancho Laguna has the ability to attract a majority of the 12,718 licensed Lamorinda dog owners. It is a limited use dog park by definition[i]. If Rancho Laguna were a publicized dog park it would rank like our school system, one of the best. If it was an all day dog park it could pull 60+ cars per hour to Moraga, this cannot be done with the commons proposal. Currently we don't want this to be an all day dog park. This summer the park will be overfilled during dog park hours now that the word is out. Bummer, It was Moraga's best kept secret until the winds of change came blowing through the trees this January carrying a bad smell.

Moraga has 3,570 licensed dogs[ii], for 5285 homes.[iii] Moraga had only 10,009 Registered voters in 2008, 7000 could be dog owners. There are 12,718[iv] licensed dogs in the Lamorinda community whose owners are potential users of the park. Moraga Dog owners spend \$35,700 in license fees annually to use this park. We support a pet store, a groomer, professional dog trainers and 4 veterinarians. The Moraga Safeway has ½ aisle dedicated to dogs. Rite Aid, Home Express, Tuesday Mornings and OSH sell dog supplies too. The Town of Moraga receives 9.25% of every dog taxable item sold. Dogs are good for business!! We have the only thing close to a dog park in Lamorinda.

City	Homes	Licensed Dogs	% Homes with Dogs
Lafayette	9532	5282	55%
Moraga	5285	3570	67%
Orinda	6958	3866	55%
<b>Total Lamorinda</b>	<b>21775</b>	<b>12718</b>	<b>58%</b>

Many of these businesses support Lamorinda Weekly, and Contra Costa times. Dog owners spend money at Chows, and Metro in Lafayette, many of the dogs are from Moraga. In Moraga the dog friendly restaurants are

Bianca's Deli and Amoroma's. The newly owned Ranch House will gladly invite dogs at the picnic tables.

The proposal for Amendment 12.08 of the Moraga Municipal Code has stripped all off leash dog use from the Moraga Commons, Mulholland Ridge, and if we did not protest, I believe they would take Rancho Laguna from us too!

We did not want a dog park, we thought we had one. We wanted to share this park as it is. We tried to rent the park out for camping event in August. We asked how much money they wanted, but were denied. In November we were attacked by an out of control, animal control officer. Some protested at a town meeting in January. Then we were hit with a barrage of dog gone dogma by the PR&C in March after the council asked them to correct the ordinance in February.

As a fan of Rancho Laguna's off leash use hours I just want the Moraga Town Council, and The Moraga Parks and Recreation Commission to recognize the value of this Off Leash Park to the community. Keep the park as a multi use facility; make the park an Official Dog Park during the following hours.

- 1) During the period from October 1st through March 31st, animals are allowed off leash daily from park opening to 9:00 a.m. and from 4:00 p.m. until park closing.
- 2) During the period from April 1st through September 30th, animals are allowed off leash daily from park opening to 9:00 a.m. and from 6:00 p.m. until park closing.

The Parks and Recreation Commission proposal to limit our dogs on just the paved path and turf area created a variety of unpleasant emotions. We suggested a fence or hedge row between a few picnic tables and the tot lot's. Below is a simple concept graphic (which was not presented).

We do not want to get political. We want to enjoy our town's beauty and recreate with our dogs. If the proposal 12.08 passes as written 12,700 dog owners in the Lamorinda community might start barking. My fantasy is you will just proclaim Rancho Laguna an official limited use Dog Park, allow a hedge like barrier around the tot lot's and group areas, keep the majority of the park open to dog users and put a knowledgeable pro dog person on the PR&C. They are going to be working on how to ruin a good thing over the next 12 months, let us help minimize the damage, and maximize revenue for Moraga. Ask us for help in creating the new vision.

Bill Carman and his dog Juneau can often be found at Rancho Laguna..

[i] Wikipedia Dog Park [http://en.wikipedia.org/wiki/Dog\\_park](http://en.wikipedia.org/wiki/Dog_park) 4/1/08

[ii] Contra Costa Animal Control Pet Emergency Services [www.Lamorindacert.org](http://www.Lamorindacert.org) e-mail 3/23/09

[iii] Lamorinda Weekly [www.lamorindaweekly.com](http://www.lamorindaweekly.com) v3#1 3/18/2009

[iv] Contra Costa Animal Control Pet Emergency Services [www.Lamorindacert.org](http://www.Lamorindacert.org) 3/23/09

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**SMC's Weekend College is Reaching Out**

**By Andrea Firth**  
 Saint Mary's College is reaching out to the community with several new course offerings through the Weekend College. In addition to the Great Books Seminar, which has been open to the community for many years, SMC's Weekend College has shifted its focus toward non-credit courses that will appeal to many Lamorinda residents. "It's a great way for the College to get to know its neighbors better," says Grete Stenersen, the Director of the program. Although called the

Weekend College, courses are often offered on weeknights and are taught by SMC faculty or graduates of the Masters in Fine Arts Program. SMC recently launched a memoir writing class, Telling Our Stories, through the Weekend College. Every other Tuesday for twelve weeks, participants will be encouraged to flex their writing muscles and tell the tales of the roads they have traveled. Saint Mary's MFA graduate Erich Miller will support the budding mem-

oirists as they share their stories and work to preserve their memories. "Erich is very excited to guide other writers, and he has exercises planned that will invite participants to find their own voices," says Stenersen. In the summer, the Weekend College will expand to include five, six-week long courses. The memoir class will be offered again along with a continuation course, Telling Our Stories, part 2. A Great Books course taught seminar style will

feature both classical and modern readings to provide participants exposure to the range of books covered in the undergraduate program. Courses in sustainable gardening and Italian history and culture will also be offered. Your path to a great story, a great garden, or a great book may be right here in Lamorinda. For more information regarding the Weekend College, contact Grete Stenersen at (925) 631-4162 or gsteners@stmmarys-ca.edu.

**What's Up with Wilder?**



Rows of large equipment stand motionless at the staging area of the Wilder development project, idle for the past few months. As greenery reappears on the erstwhile bald hillside, OG Property Owner LLC issued a written statement by way of its public relations firm, Keadjian Associates: "Earlier this year, Merrill

Lynch Mortgage Lending filed a notice in order to protect its position in the Orinda project. We are currently in negotiations with the lender. We continue to have confidence in the long-term value of the Orinda project and we are optimistic that we can continue to work with the lender and other economic stakeholders, including

lien holders, to achieve a mutually beneficial outcome. The project site is currently closed and erosion control measures are in place for the winter rainy season. It is our hope that we can use this period to finalize our negotiations and avoid any delays in the overall project schedule." Photo Andy Scheck

**EBMUD Considers Suspending Mandatory Water Conservation and Raising Rates**

The passage from mandatory to voluntary rationing means a drop in revenue for the agency, since financial penalties are only associated with mandatory reductions. Coleman persists in favoring an early breather for users in spite of the potential loss of revenue. "The difference in revenue will be from \$2 to \$3 million," he says, "we have a \$35 million reserve that I helped establish, we should use it and not penalize our clients." "We will probably reach a normal level in our reserves," says Charles Hardy, EBMUD Communication Director, "but we've had two very dry years and we can only assume what the summer usage is going to be, so the mandatory reduction could be maintained until the end of September when we get our final reserve assessment." Knowing when to end a mandatory reduction can be tricky, especially considering that a big drop in water usage has negatively impacted EBMUD's revenues.

"We used to consume 240 million gallons a day," explained Coleman, "through voluntary reduction, it dropped to 210 million gallons a day and our intention was to get that figure to 195 gallons a day with mandatory reductions." The level ultimately reached 165 million gallons a day, a level that significantly impacted EBMUD revenues. "There are different elements that explain this result," said Hardy, "the drop in construction was a big factor." When EBMUD staff recognized the significant drop in revenue, staff first proposed a Herculean rate increase of 21%. "Since this first proposal, cost reduction measures have been put into place including a hiring freeze, cut backs in travel, and reducing special event sponsorships," says Coleman. In his April 9th memo to the Board, Dennis Diemer, EBMUD General Manager proposed a 7.5% overall increase to the water rates (when compared to non-drought rates) and another

... continued from page 1 7.5% for next year. "The increase will be higher for single family users," adds Hardy, "they do not appear to be paying their fair share compared to commercial users." The staff proposal under consideration this week was 8.7% for single-family residential, 7.9% for multi-family, 5.2% for commercial and 4.9% for industrial users. **Long term water supply plan up for public review:** EBMUD has been studying the district long term water supply needs through 2040 and has identified a wide range of alternatives to satisfy these needs. It includes among other projects the conservation of our existing supplies, an aggressive water recycling program, a regional desalination project and several groundwater storage projects. The draft environmental impact report of the plan is currently available for public comment until May 4th. It can be viewed and downloaded from the website www.ebmud.com. Comments can be mailed to Thomas Francis at tfrancis@ebmud.com

**Got Drugs? Safe Disposal of Medications**

... continued from page 1 However, she too recommended that individuals place expired meds in the trash. Another drugstore gave similar advice, adding that an alternative would be to bring it to the Contra Costa hazardous waste disposal facility in Martinez. This kind of advice makes Paul Morsen, CCCSWA Executive Director, very nervous. "You never put medication in the regular trash," he says, "if you send medication to the land fill, through degradation and compression it will find its way into the ground and then the running water that permeates the trash will either be recycled on site or will end up in the Bay." Bringing the medication to the hazardous waste disposal is not a good idea either since this facility is not equipped to dispose of medications. One of our Lamorinda police departments offered both good and bad advice: "Just flush it down the toilet," said the person our caller spoke to. "Even if it is something more dangerous than old Tylenol?" he asked. "Yes, it's okay," was the response. Or, she said, our caller could go to a regional medical center to dispose safely of his medications.

Michael Scahill, Communication Manager for Central San, could hardly believe that flushing was suggested. "Our treatment plants are not equipped to filter substances that are in medications," he emphasizes, "flushing medication down the toilet is an absolute no-no." Last December, a five month long investigation by the Associated Press showed that a vast array of pharmaceuticals — including antibiotics, anti-convulsants, mood stabilizers and sex hormones — have been found in the drinking water supplies of at least 41 million Americans. "Since its installation in February we have collected more than twenty pounds of medication a week," says Scahill, the box is accessible 8 a.m. to 5 p.m. in the Walnut Creek City Hall Lobby, by the Police Department at 1666 North Main St." Gaylan Ishizu, the pharmacy manager at Long's in Moraga (Rheem), says they return the store's expired medications, but that for his customers safe disposal options are limited. He hopes that there will soon be a safe disposal facility available in Lamorinda for residents. Two other sites are available in

Martinez, at the County Regional Medical Center and the Sheriff's Field Operation Building. Cooperation with law enforcement was a logical step because proper disposal of medication prevents accidental poisoning and abuse of prescription drugs. Additionally, to be able to collect and dispose of medication a site needs a permit by the Federal Drug Enforcement Agency. After they are collected in the safe boxes, the medications are burned at very high temperature so as to leave no residue. "If the pilot continues according to plan we will expand our program to other police departments that volunteer in the area," said Morsen. After we informed him of the responses to our impromptu survey, Morsen said he would distribute information about the new disposal facility. At the Moraga Town Liaison meeting on April 10th, Moraga's Interim Chief of Police Robert Priebe said that his department had begun discussions with Central San and CCCSWA to have a disposal box installed the Moraga Police Department at 329 Rheem. We will let you know when Lamorinda gets a local safe disposal site.

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**The Gift of Time: Skilled Volunteers Found in Local Retirees**

By Jennifer Wake



Orinda resident Kay Aaker takes a quick break between volunteer jobs to enjoy her garden Photo Jennifer Wake

Not long ago, retirement was considered a time for travel and leisure. Today, more retirees are seeking to continue an active role in their communities, volunteering as a way to stay connected.

Moraga resident and Town Councilmember Mike Metcalf didn't slip quietly into retirement. With an engineering and construction background and graduate degrees in engineering from Stanford University, Metcalf went on to utilize his skills and expertise after retiring from Chevron in 1999, making an impact in his community.

In addition to serving on the Moraga Town Council, Metcalf is affiliated with the Contra Costa Transportation Authority, the Lamorinda School Bus Transportation Agency, and Lamorinda CERT. He is also a USA Swimming Certified Official, a Pacific Swimming

Board/Safety Chair for Northern California and Nevada, and a Campolindo High School Swimming official.

"Volunteers help nonprofits increase the number of clients and services they provide," says Ann Wullschleger of the Volunteer Center of the East Bay. "We are excited to see an increase, although much smaller, of volunteers recently retired who want to use their professional experience to help nonprofits with projects."

During the last three months, Wullschleger says the Volunteer Center's Retired Senior Volunteer Program (RSVP Contra Costa) has seen an increase of about 30 percent in the number of seniors contacting them about volunteer opportunities.

Orinda resident and second grade teacher Kay Aaker is the head of recruitment for seniors

who volunteer in Orinda schools, and says she has also seen an increase in volunteer interest.

"Volunteering used to be so limited," she says. "Now there's such an array of choices for seniors to do."

Although not retired, after more than 40 years of teaching, Aaker job shares with another teacher at Sleepy Hollow Elementary, yet still finds time to recruit school volunteers and work with several non-profit organizations.

She works with Caring Hands at John Muir Hospital, offering help to seniors who are choosing to stay at home and avoid assisted living, and volunteers as a driver coordinator for the American Cancer Society putting out 50 to 100 calls per week to people who drive patients to chemotherapy or doctor's appointments. She is also a bedside companion at the Bruns House, which provides end-of-life care at a residential home in Alamo as part of Hospice of the East Bay, and for the past 25 years has worked as a patient support volunteer for Hospice where she currently visits two patients a week.

"There are so many things volunteers can do," says Aaker, who was named Orinda's Citizen of the Year in 2003 for her volunteer efforts. "You can do respite for caregivers, can be an office volunteer, or a bereavement volunteer (who helps family members after the loss of a loved one)."

According to Wullschleger, RSVP Contra Costa (sponsored by the Volunteer Center of the East Bay) has over 400 volunteers age 55+ who are helping local communities by volunteering. "There are many ways to help our local nonprofits," she says. "Opportunities to help range from volunteering at home by making a daily

reassurance call to a homebound senior to using your professional know how to develop a website or marketing materials."

Hospice provides training for its volunteers. Other organizations help match skills of retirees to openings. And some retirees are continuing their professional affiliations into retirement.

While a professor at San Francisco State University, Lafayette resident Alice Neman had a leadership role in the university's Institute on Disability, which develops partnerships with programs that serve the disability community locally and statewide, nationally and internationally.

Now retired, she continues to sit on several committees and boards, including the Deaf and Hard of Hearing Advisory Committee to the Department of Rehabilitation, and the California Communications Access Foundation, a non-profit organization which contracts with the California Public Utilities Commission to manage and operate the Deaf and Disabled Telecommunication Program.

"I do a lot of Board work - even more since I retired from San Francisco State University about three years ago," Neman says. "I think that it helps you, as well as the programs you help."

For Aaker, it's all about finding the right fit and finding what makes you happy. "I can't imagine my life without volunteering," Aaker says. "The question becomes whether you're happier giving your time or giving your money. Both are important, but for me, giving my time makes me happiest."

Those retirees interested in using their professional experience to help non profits with projects can contact Margaret Oliveri at (925) 472-5777.

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**Lafayette Seniors Sought!**

Submitted by Sandra A. Smith

(Lafayette Senior Services Commission and the Lafayette Senior Liaison Committee)

Seniors, children of Seniors and other caregivers, mark April 28th, 2009 on your calendars. On that date we will be the focus of a historic event sponsored by the Lafayette Community Foundation. Two free workshops will be held by the City of Lafayette to assess the needs of Seniors, and our input is essential.

On September 24, 2007, the Lafayette City Council, at the request of the Lafayette Senior Services Commission, approved the formation of the Senior Needs Assessment Task Force. Its purpose is to give the City accurate data regarding the needs of older adults in Lafayette. It is estimated that the size of the senior population (65+) will be 18.9% in 2011. Therefore it is important to identify the extent to which the current and future needs of Seniors in Lafayette are being met. The Task Force wants us to provide information and ideas regarding our needs in many areas of our lives, such as financial counseling, housing (aging in place or downsizing), medical, recreation, safety, socialization, and transportation.

With this information both short and long-term strategies can be considered for programs, services and facilities for older adults. This information will enhance the City's ability to tap outside sources for funds that might be needed to support future projects

that will make Lafayette a more aging- friendly community. To ensure the City receives accurate and statistically valid data, the Task Force has selected BW Research to facilitate the project.

This project is just as important to the children of Seniors as to Seniors themselves. Many worry about how their parents will get their shopping needs and doctor's appointments taken care of, or their houses cared for. They are concerned about elder abuse and fraud, their nutrition, safety, and their loneliness, which can lead to depression.

The workshops will be held on Tuesday, April 28, 2009. There will be two separate sessions: the first, from 2:00-3:30 PM and the second from 6:00-7:30 PM. Temple Isaiah in Lafayette has graciously offered the use of their facility to hold the workshops at no cost to the City.

The Lamorinda Spirit Van will be available free of cost for anyone needing transportation. Call 283-3534 for your ride. Light refreshments will be served. And it is all free! So, Seniors and children of Seniors, you can see how important it is that we all come to the workshops. They really want to hear from us! Please call the Lafayette Senior Services Center at 284-5050 and tell them you are coming.

This is our opportunity to be heard! Our future is at stake!

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# LAMORINDA Seniors

## Hot Topic Addresses Women's Issues at Women's Health Center in Lafayette

By Linda U. Foley



L-Katie Rose, R.N. administrative director of Women and Infants Services at Alta Bates

Photo Linda Foley

"Have you ever wondered why your sex drive may change with menopause and aging? Have you wondered if there is anything that can be done about those changes? How can you improve your sex life?" These topics of the physiology and psychology of sex were addressed by Risa Kagan, M.D., guest speaker at the event held recently at the Alta Bates Summit Women's Health Center in Lafayette's Mercantile Center. Dr. Kagan—dead ringer for Sigourney Weaver with a sense of humor—is an OB/GYN on staff at Alta Bates with a specialty in menopause medicine and all things associated with that transition in a woman's life.

The second-story suite of offices was filled to capacity with energetic women many of whom appeared of indeterminate age what with today's 60-year olds passing for 40 plus. Nonetheless, it was a safe assumption that the topic of *Sex after 50: Keep the Fires Burning* was a hot topic. The atmosphere was rife with laughter and introductions with doctors mingling freely. Nibbles and libations added to a girls-night-out atmosphere with a distinct focus.

Katie Rose, R.N., administrative director of Women and Infants Services at Alta Bates, and one of the driving forces behind the Center, gave a brief overview of the well-appointed facility, open since November. She was joined by the other driving force in the fulfillment of the Center, Katarina Lanner-

by Dr. Kagan is by Daniel Bergner in NY Times Magazine 1/25/09 *What Do Women Want?* nytimes.com—search *What is Female Desire?*

Numerous factors affect sexuality including physiology, psychology, interpersonal relationships and socio-cultural influences. Healthy sexual functioning is affected by numerous determinants: family/work/relationship, stress, anxiety/ depression, health of partner and self, developmental experiences e.g. abuse, historical attitude regarding sex, age-related (declining) hormonal changes, use of various medications (anti-depressants) and body image or "hanging skin"—not my favorite description.

The good news is that there are corrective approaches such as testosterone therapy, herbal alternatives, oral or topical preparations and mechanical toys; the bad news is that 1/3 of a woman's life today is spent in post-menopause. However, spirits lifted when we learned that sexual activity in senior living communities is rampant.

Life is good after all!

**Alta Bates Summit Women's Health Center, Lafayette Mercantile, 3595 Mt. Diablo Blvd., Ste. 350, 962-9129**

Currently, the Center focuses on two issues: mammography screenings and treatments for pelvic health services.

The state-of-the-art digital imaging used for mammography emits half the radiation of traditional analog mammography. Mammograms are reviewed and patients contacted with results same day. In addition to the expedient process, the "dreaded procedure" takes place in a tranquil and welcoming atmosphere complete with personal attention and spa-like robes. If only there were a spa, it might be nearly perfect.

Various physical therapy approaches can reduce pelvic pain and help restore normal functions. According to physical therapist Esther Dolowich, "About 33 percent of all women suffer pelvic pain and/or urinary incontinence for a variety of reasons throughout life." In the future, the Center hopes to add other services such as cardiac assessments and dermatology to create a "one-stop-shop".

Says Dr. Lanner-Cusin, "Women will let us know what they need."

Cusin, M.D., Alta Bates Summit's medical director of Women's Services. "The Center is not just for Alta Bates Summit patients who live east of the tunnel."

The solely women-focused facility aims to address the changing stages of a woman's life which are beautifully interpreted in the artwork by Napa artist Jessel Miller and depicted on the sage-calm walls. I learned that in addition to the basic four stages to a woman's life: baby, child, teen, adult (family/career) there are two added stages—retiree (new directions) and—to my relief—one called "living well."

Living life well at any stage, particularly in later years, includes a healthy and fulfilling sex life. Dr. Kagan's warm and informative presentation identified and verified much of the internal female topography.

Women—not surprisingly—are designed differently than men in terms of the sexual response cycle requiring psychological and physical intimacy and emotions, while men are able to "perform" with "less strings attached." Per Dr. Kagan, "Viagra handles the mechanics but, not the mindset" which elicited commiserative chuckles and comments about wishing that men were in the audience. While women's emotional status remains physically hidden it is obvious where the man stands.

What to do? is the question most women have even after many years of a committed relationship. An excellent article recommended

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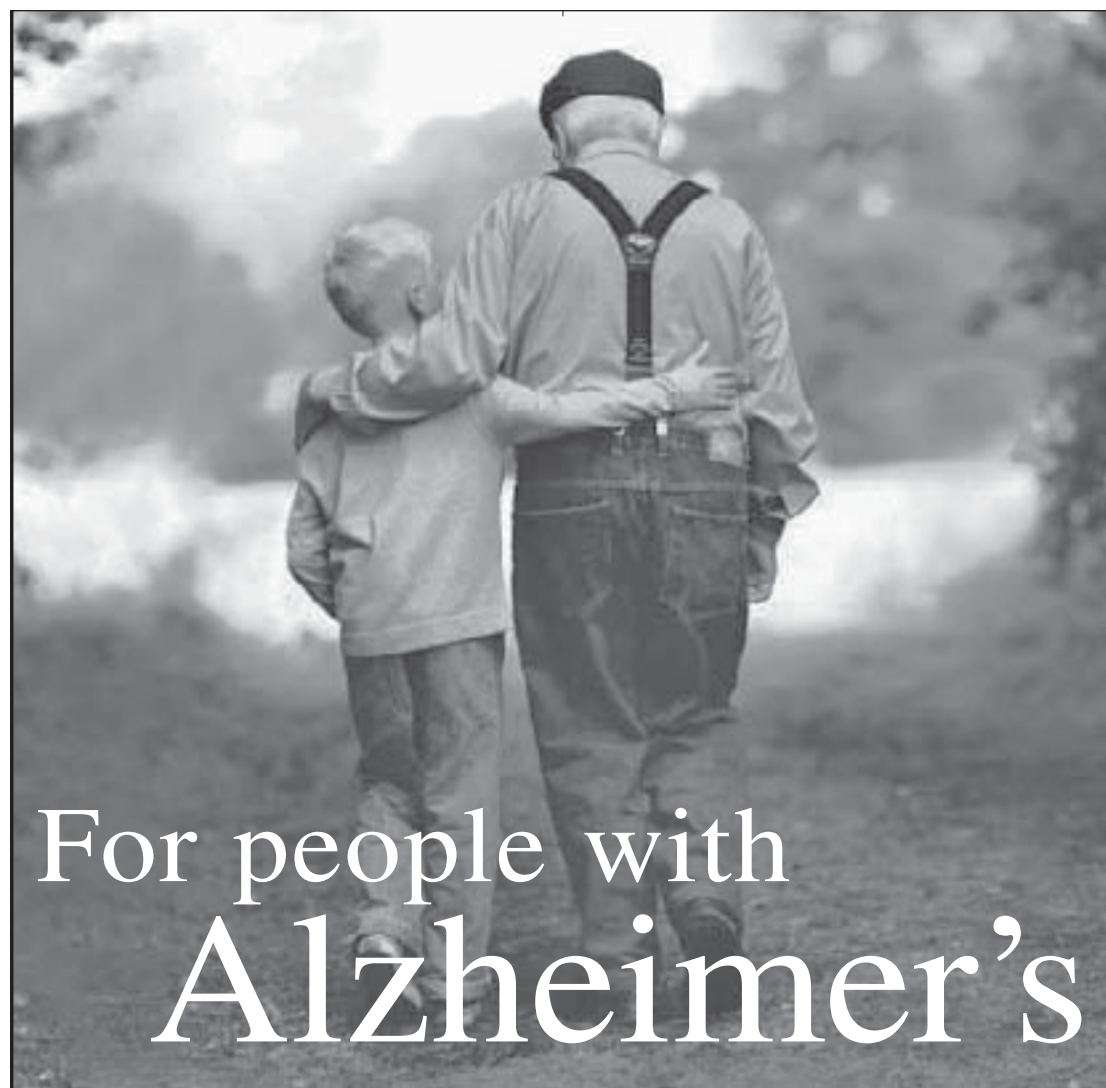
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# For people with Alzheimer's there's no time to lose.

**Alzheimer's disease** is a neurodegenerative disorder—a disorder in which brain cells are lost. It is characterized by progressive loss of memory and cognitive function, such as movement control and decision-making ability. Alzheimer's disease is the most common cause of dementia in the elderly and affects about 18 million people worldwide—5 million in the U.S. alone. Although there's currently no cure for Alzheimer's disease, research is under way to find a new investigational treatment aimed at slowing the progression of the disease. The current medications are mostly aimed at maximizing the remaining brain activity. That's why the ICARA study was created—to explore a new investigational treatment option.

If you are 50 to 88 years of age and have a diagnosis of probable Alzheimer's disease, you may be eligible to participate in the ICARA study.

Throughout the 83-week study, participants may receive the investigational drug, study-related physical exams and laboratory services at no charge. All participants will be monitored by a medical team, including a nurse or study coordinator and a physician.

Ask your doctor if the ICARA study is right for you.

For more information,

**Dr. Kathleen Toups**  
**Bay Area Research Institute**  
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**925.283.9006**



## ◆ Not to be missed ◆

**Come to the Peripheral Neuropathy Group meeting**, in the Las Trampas Room, Hillside Clubhouse, Ross-moor, on April 24th, 2009, from 10:00 to 11:30 A.M., to hear Susan Trabulse, a local Acupressurist. Susan will share how she uses Acupressure, an ancient form of healing based on Chinese Medicine, to help relieve the pain and discomfort of Peripheral Neuropathy. PN usually is felt in the lower legs and feet and/or the hands. Symptoms include tingling, numbness, feeling of constant hot or cold, sharp transitory pain, weakness, difficulty with walking and balance. Our meetings are open and free to all who are interested in learning something new about this condition. For more information call Nancy Ostrander 930-9524 or Carolyn Cash 254-8195.

**Widowed Persons Support Event**—Monday, April 27, Social 7 P.M., lecture 7:30 P.M. A presentation by Dr. Alan Brast, Ph.D., C.C.H.T., CSA. Dr. Brast is a medical/clinical Hypoanalyst. His lecture is called *Banishing the Blues - Depression*. Bring your friends—they will enjoy the social and the lecture!! There is no charge. The lecture will be held at the Lafayette/Orinda Presbyterian Church, 49 Knox Drive, Lafayette. For information call 925/932-3448

The Widowed Persons Support group meetings: Saturdays, April 18, 25, May 2, 9, 16, and 23. 10 am to Noon at St. Stephen's Church, 66 St. Stephen's Drive in Orinda. The meetings are free informal discussions of the emotional and practical needs and concerns of the bereaving widowed person. For information, please call 925/032-3448.

**Lafayette Senior Needs Assessment Project** Workshop April 28 at Temple Isaiah, two sessions, from 2:00 - 3:30 p.m. and 6:00 - 7:30, looking for input

from seniors, their families, and organizations that serve elders to help design a survey assessing senior needs.

**First Annual Co-ed Exhibition Softball Game** and Picnic for seniors - Friday May 1. Gates open at 9:00 a.m. and close at 2:00 at the Lafayette Community Park, 480 Saint Mary's Road. Senior ball players and fans \$3, kids 12 and under accompanied by an adult \$1. Picnic food and beverages provided. If you have softball equipment, please bring it. For more information or to sign up, call the Senior Center at (925) 284-5050.

**Lafayette Senior Services Events**—500 Saint Mary's Rd, Lafayette  
A min. \$1 donation at the door would be appreciated.

Call (925)284-5050 to reserve a spot  
*Monday, April 20, 1:30 - 2:30pm*  
Bi-Monthly Caregiver Support Group with Companion Care  
*Tuesday April 28th 10:30 - Noon*  
The Internet: Point and Click Your Way to the World (Wide Web), Let wizard Ed Zeidan of Nerd4Rent in Lafayette show you how.  
*Wednesday April 25, 12:30 - 3:00pm*  
Dance lesson and live DJ services, playing your favorites and taking requests. \$2  
*Thursday April 23, 1:00 - 2:30pm*  
Embracing Aging with Story and Movement  
*Friday April 24, 11:30am - 12:30pm*  
Abatable Arthritis Come and learn exercises to control pain, improve function, and protect your joints.  
*12:30 pm* Free Blood Pressure Screening - John Muir Senior Services  
*12:30, 12:50, and 1:10pm*- Free Memory Screening - Caring Solutions. (By appointment-call 284-5050)  
*Friday, April 24, 1:00 - 2:30pm*  
Self-Discovery and Aging - Creative Writing Workshop

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**Lamorinda's Annual Spring Events Extravaganza** featuring: *Lamorinda Earth Day Festival, Moraga Community Faire, Orinda Salutes Cal Shakes, Cinco de Mayo, Moraga Beautiful Clean Up Day, Orinda in Action Day, Garden Club Plant Sale, Concert at the Res, Taste of Lafayette, TreeLine Triathlon and the Rossmoor Big Band Dance can be found in a feature spread on pages 18 - 19.*

fering taken. Sat., April 18, Our Savior's Lutheran Church, 1035 Carol Lane in Lafayette.

**Lafayette Town Hall Theatre Company** Presents "The Odd Couple (Female Version)" through April 25. The Female Version Adds a Twist to Neil Simon's Superbly Written Comedy (Rating - PG-13.) Contact the Town Hall Theatre Company Box Office for exact dates and times. For Tickets: 925-283-1557. Town Hall Theatre Company; 3535 School Street, Lafayette.

### ART

**The Moraga Art Gallery's** group show "The Inner Spirit" is open through May 30th and features the work of Nancy Robinson. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center- next to Longs Drugs. Open Tuesday through Sun., 12-5 pm. 925.376.5407.

**The Lafayette Gallery** invites you to join us for our new show, "Food, Glorious Food" through May 9, 2009. We are pleased to invite the community to join us as we celebrate "Food, Glorious Food" and the re-opening of our Sculpture Garden on Sun., April 26 from 1 to 4pm. We will have new pieces in our Sculpture Garden and of course, food, glorious food. Lafayette Gallery is a 23 member cooperative at 50 Lafayette Circle in downtown Lafayette. Bring canned goods to the Gallery and when you make a purchase you will be automatically entered in our raffle. We will be choosing the lucky winner at our April reception. Lafayette Gallery, 50 Lafayette Circle, 925-284-2788. Gallery Hours are Tuesday to Sat., 11am to 5pm.

**Local Photographer Michael McEuen** will be exhibiting his original photography at Fastframe of Lafayette through April 30th. An avid outdoorsman since his first Sierra backpacking trip as an early teen, Michael combines his fascination for geographic phenomena with his talent for photography. Michael has spent much of the last 15 years traveling throughout the United States, with occasional forays into South America, Europe and Australia. His particular favorite is California and the American Southwest. FASTFRAME is located at 3571 Mt. Diablo Blvd., next to Postino's. Call owner Anthony Ruiz at 283-7620 for more information.

### LITERATURE & LECTURES

**Michael Krasny Talks Off Mike-** Monday, April 20, 6:30 pm, The Veterans Memorial hall, Lafayette. Host and Senior Editor, KQED's "Forum"; Professor of English, SFUSU; Author, Krasny delves into his life on and off the microphone. Time: 6 p.m. check-in, 6:30 p.m. program, 7:30 p.m. book signing Cost: \$12 members, \$18

### MUSIC & THEATER

**Duo Pianists David Auerbach and Martin Morley** perform familiar favorites from Bizet's Carmen, Grieg's Peer Gynt, fairy tales from Ravel's Mother Goose, rags by Scott Joplin and songs by Irving Berlin and Cole Porter...all served up in a humorous, rib-tickling style. No admission charge; of-

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## Not to be missed

non-members, \$7 students (with valid ID) For Tickets go to: <http://tickets.commonwealthclub.org/> Or call (415) 597-6700 for more information. Location: Veterans Memorial Hall, 3780 Mt. Diablo Blvd., Lafayette.

**Stamps In My Passport with Harry Hubinger** - Monday, April 20; 9:30 to 10:30: Coffee and refreshments; 10:30 - Noon Harry Hubinger presentation. Cost: \$25/person. Join the Alliance for an entertaining accumulation of insights and experiences from Harry's traveling abroad through 115 countries. Lindsay Wildlife Museum, 1931 First Avenue, Walnut Creek (925) 627-2961.

**Robert Scheer, veteran liberal journalist**, will speak on the Pornography of Power: The Origins of the Banking Meltdown on Monday, April 20th at 7:00 P.M. at Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane in Walnut Creek. Robert Scheer has a long and distinguished career as a journalist and foreign correspondent. His upcoming book is The Great American Stick-Up: Greedy Bankers and the Politicians Who Loved Them. He is a regular contributor to the San Francisco Chronicle and the Los Angeles Times. Flyer for the event is available at [www.mtdpc.org](http://www.mtdpc.org).

**On Tuesday, April 21 at 7 p.m., Dr. Jay Sordean** returns to the Orinda Library to host a Fireside Chat on Natural Solutions to Allergies. If you start sneezing at the first hint of spring, this is one program you do not want to miss. Whether you react to pollen, strawberries, or your sister's cat, don't reach for that pill just yet. Although prescription and over the counter drugs can help in the short term, natural solutions are better for you overall. Dr. Sordean will help you make the healthy choice, as well as understand the why of allergic reactions. Free of charge. The Orinda Library is at 26 Orinda Way in Prinda. For more information, please call (925) 254-2184 or visit the library website at <http://ccclib.org>.

**On Wednesday, April 29, 2009 at 7 p.m., the Orinda Library** invites audiences to a talk by a BRT docent on Berkeley Repertory Theatre's new production, "The Lieutenant of Inishmore". Described as a "vicious comedy," "The Lieutenant of Inishmore" mixes comedy and mayhem with explosive dialogue and a well-oiled plot to comment on the endless cycle of violence that surrounds us all. The program will take place in the Gallery Room of the library. It is free of charge, and will last about an hour with time for questions and answers. The Orinda Library, 26 Orinda Way, Orinda. Pease call (925) 254-2184.

### KIDS, TEENS & PARENTS

**Free Bike Safety Rodeo on Sun.**, April 19, 9am-2pm, Stanley Intermediate School, 3477 School St. Lafayette. For further information, contact Dan Harkins at 925-323-6682 or [dharkins1000@aol.com](mailto:dharkins1000@aol.com).

**Moraga Bright Beginnings Preschool** is having its annual Animal Fair, Open House and Yard Sale on April 25. Animal Fair: 10 am - 2 pm - Friendly animals to see and touch. Visit our school - enrolling for Fall. Yard sale: 9 am - 2 pm (50+ families); bargains galore! 1689 School Street, Moraga. More information: (925) 376-2600.

**Come on down and join the fun at this year's Wagner Ranch Round-Up Sat.**, April 25th from 11:00 am- 3:00 pm. The Round-Up welcomes everyone to share in the fun, food and festivities! This year we will feature delicious food, games, a cake walk, inflatable amusements, a bake sale and much more! The Round-Up is the roo'tin', tootin' event of the year! Don't miss this year's event!

**Girl Scout Troop 32905** (9th graders, Orinda) is hosting a Dog Faire on Sat. 4/25/09 from 12:30 - 3 p.m. at the Moraga Commons Park. (St. Mary's Rd at Moraga Rd.) This Faire is a service to our community to complete the Girl Scout Silver Award. Admission is FREE, with access to adoption, fostering, rescue and dog services organizations open to all Activities (face painting) and Food & Drink will be available at \$1 each. For the Dog show, there will be 4 groupings: miniature/toy, small-medium, medium-large, REALLY BIG. Judges will sort dogs into their category at the beginning of the show, at 1:30 p.m. Dogs will be judged on such characteristics as personality/character, response to owner, loveliness, and other non-breed-specific characteristics that show what we love about dogs. Every participant will be recognized, and each size-class winner will take home a basket of goodies for them and their owners.

**Kids!!! Ready to run a 1K or 5K Race???** Join us on April 26th at 9am at the Miramonte High School Track for a Fun Run, Brunch and Great Music!!!. For more information and registration check out our website at [www.JFKapnekTrust.org](http://www.JFKapnekTrust.org).

**The Moraga Juniors is sponsoring Moraga's** first ever sidewalk chalk art contest as part of the Moraga Community Faire on May 9 at Rheem Shopping Center. Registration will begin at 11 a.m. the day of the event, and contestants can work on their creations between 11 a.m. and 2 p.m. A \$1 participation. For more information visit [www.moragachamber.org/faire](http://www.moragachamber.org/faire).

**Sport Equipment Freecycling in Lamorinda-Local Mom** organizes a free recycling event for families. No money exchange, just give and take. Sat., May 16 from 1:00 - 3:00pm at Moraga Commons (next to the fountain by the parking lot) All kid's equipment such as bikes, trikes, golf clubs, skis/boots/ helmets, baseball equipment, tennis rackets, scooters, rollerblades, skateboards, soccer balls/shin guards, strollers, booster/car seats, high chairs, pack 'n plays, etc. Please make sure that all items are in good and safe condition. Please have all items at the park by 1pm. Items will be either marked so donors can pick them up if they are not taken or a mission group will pick what's left as a donation. Feel free to contact Bev Harper with any questions: [bali42@yahoo.com](mailto:bali42@yahoo.com)

**The Orinda-Moraga-Lafayette Branch of AAUW** will hold an Awards Night program on Tuesday, April 21st at 7 pm, at the Holy Trinity Serbian Church Cultural Center, 1700 School Street, Moraga. Dr. Karen Ramorino, founder of the Berkeley Lab Learning Institute at Lawrence Berkeley National Laboratory, will speak on "Communication, Confidence and Commitment", the three C's for achieving success in educational and career goals.

## Not to be missed

**Need Money for College?** Contra Costa Association of Realtors Scholarship Foundation is offering scholarships to residents of Contra Costa County that have completed one year of full-time college, completed courses with emphasis on real estate, finance and/or business and have a GPA of 3.0 or higher. If you qualify, scholarship awards can range from \$1,500 to \$2,500. Further information and applications may be found on line at [www.ccascholarship.com](http://www.ccascholarship.com). Deadline is April 24th.

**Advance screening of "Slipping Behind,"** a Lafayette filmmaker's 40-minute documentary exploring stresses youth face in our achievement-focused culture along with a panel of local teens talking with the filmmaker following the film, Tue., April 21 7:00 p.m. at the Miramonte Performing Arts Center, Miramonte High School, 750 Moraga Way, Orinda. Sponsored by the Lafayette Library and Learning Center Foundation and Reel Link Films.

**Self defense class for middle school girls-** Sun. April 26th, from 3 to 6 p.m. organized by the Moraga Juniors. Applications are avail. online at [www.moragajuniors.org](http://www.moragajuniors.org). They have to be returned to the JM School Office with the \$25 fee before April 17th. For additional questions send an email to [lwang393@yahoo.com](mailto:lwang393@yahoo.com).

**A Teen Panel on Stress** Moderated by Merritt Rollins, Las Lomas Crisis Counselor. Come and hear a teen panel talk about the stresses that today's teen faces and best practices for helping to ease the situation. Thursday, April 23rd, 7pm in the Las Lomas Theater. This FREE event is sponsored by: Las Lomas PTSA Parent & Teen Education. Please sign-up in one of the following two ways: Online AUHSD Parent Ed #056058 -or- Email [scroter5@at-sound.net](mailto:scroter5@at-sound.net) with "Stressed Out" written in subject line. Please include your name and high school your student attends.

**The financial situation affects families** as well as colleges. On May 6th, two savvy professionals of the admission process and of college financing will respond to parents of 8th to 12th graders about concerns over financing college as well as creative options for college choices. The new configuration that will emerge is still uncertain, with public colleges getting less funding and private schools preparing for lower enrollment. The evening event is free and will take place in the Campolindo High School Library, from 7:30 p.m. to 9 p.m. Park in the school's parking lot off Campolindo Drive. Register at <http://adulted.acalanes.k12.ca.us/onlinereg/>

**MEF showcase event May 20 Commons Park**, 6-8pm Witness the power of a community banding together to be inspired by its youth. Our first Annual MEF Showcase will celebrate the talents of our Kindergarten through High School students with instrumental & choral music and art. This unique event serves as a thank you to our generous community of donors and will truly ignite your senses and enlighten your souls. Don't miss out on this free, fun event for the whole community Wednesday, May 20, 6:00 to 8:00 pm, Moraga Commons Bandshell. For more information, please contact Stacy Giglio at 925-388-1110 or [thegigliofamily@comcast.net](mailto:thegigliofamily@comcast.net)

### OTHER

**Divorce Recovery Workshop** will be held at Lafayette-Orinda Presbyterian Church on Thursdays from April 23- June 4 at 7:00pm. The church is located at 49 Knox Dr., Lafayette. The workshop is designed to help individuals gain insight into their own experience of divorce in a supportive environment. Topics include the stages of divorce, co-dependence, forgiveness, feelings, and more. The group is led by Ray Campton, MFT who is also an ordained Presbyterian minister. A donation of \$125 is requested to help cover the cost of the workshop. Please contact Gerald at [gerald@LOPC.org](mailto:gerald@LOPC.org) for more information.

**Lafayette Hiking Group** - April 25 - Bay to Breakers, San Francisco. We will walk, not run, the famous Bay to Breakers route from the Embarcadero, up the Hayes Street Hill, to the Panhandle and Golden Gate Park. We will picnic in the park before taking the N- Judah street car back to BART. Bring money for BART and streetcar. Distance: about 7 miles with one hill. Leader: Chester Jung. Questions? Email [LafayetteHiking@comcast.net](mailto:LafayetteHiking@comcast.net)

**Annual Tossed Treasures Sale** Sat. April 25 (9 to 3 p.m.) and Sun. April 26 (11 to 2 p.m.) at Lafayette Community Center, 500 St. Mary's Rd. Plenty of free parking. Presented by Lafayette Service League to raise funds for Meals on Wheels and the Community Center. Come browse for jewelry, collectibles, kitchenware, linens, garden equipment and much, much more. (No clothing) Donations are welcomed. Please call Judy 284-9266 or Diane 283-8790.

**Las Trampas, Inc. presents "What's in Our Hat?"** Escape to Africa Event, Sun., April 26, from 3pm - 6:30pm, Tickets \$100 per person. Lafayette Park Hotel & Spa, 3287 Mt. Diablo Boulevard, Lafayette. (Safari attire encouraged - optional) One Lucky person will win \$10,000 from our Safari Hat Live Music performed by Generations in Jazz-Raffle & Silent Auction. Proceeds support adults with developmental disabilities. Bonnie Peacock at (925)284-1462 ext. 239 email: [ltrapas@pacbell.net](mailto:ltrapas@pacbell.net).

**Lamorinda emergency preparedness** committees will hold a workshop the evening of April 29th. Keynote speakers are Tanya Hoover, Assistant California State Fire Marshall, and Rob Van Wormer, California Department of Forestry and Fire Protection Battalion Chief. They will be joined by representatives from local fire and police services and local emergency preparedness groups. 7-9pm at the Orinda Library Auditorium (26 Orinda Way). Registration 6:30pm in the Atrium Lobby (2d floor).

**Please submit events to:**  
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## Not to be missed

**Dads for Children's Healthcare**, a 501(c)(3) organization, has been formed by a group of dads from the East Bay. Our goal is to assist organizations like Children's Hospital in Oakland, California to maintain and enhance the highest quality of medical care. For 2009 our goal is to purchase multiple, much-needed Drager Babytherm Warming Tables for Children's Hospital Oakland. These Warming Tables provide a unique thermal environment to care for critically ill newborns. If you would like to contribute to this cause, please join us at our Winemaker's Tasting, Dinner and Fundraiser Orinda Country Club, Friday, May 1. Call 925-906-5358 or email us at [dads4ch@comcast.net](mailto:dads4ch@comcast.net) or [www.dads4children.org](http://www.dads4children.org)

**Bay Area Cancer Forum** - A gathering of health care providers, researchers, patients, patient advocates, friends and families - Understanding a Diagnosis of Her2 Positive Breast Cancer. Peggy Mueller, MS,

RN, OCN. Physicians and scientists now know that breast cancer is not one disease but many different diseases that may present and act differently according to their genetic make-up. Women with Her2 positive breast cancer may require a specialized approach to treatment management. Please join the forum to learn these important facts. Tuesday, May 5, 6:15-7:45 PM. Markstein Cancer Services, Providence Pavilion, 3100 Summit Street, Oakland. No fee but space is limited, registration requested. Call the Markstein Cancer Education Services (510) 869-8833 to reserve your space.

**Dancers for Breast Cancer Awareness luncheon** and fashion show to benefit funding of free mammograms and breast cancer screening for uninsured/underinsured women in our area will be held Thursday, May 7 from 2:00 - 4:00 at Metro Lafayette. Fashion show will feature outfits from the Rhythm Room Eco-Boutique

and Atlas Menswear as well as performances by Rhythm Room Dance companies. Tickets \$75.00 per person available at [www.dancers4cancer.eventbrite.com](http://www.dancers4cancer.eventbrite.com) For more information, contact Vicki Hurst at (925) 768-5781.

**Julia Morgan, Architect** is a performance about Miss Morgan's struggle to become an architect and her lifelong involvement with women's philanthropic organizations. Betty Marvin, a professional historian, who bases her Julia Morgan impersonation on extensive research, will perform this portrayal. On Fri. May 8th, this will be at the Moraga Community Center, Hacienda, La Sala Bldg. from 1-3 pm. The cost is \$15 for non-members and \$13 for members. To register contact Emeritus College (925) 906-9105.

**May 9 - USPS Food Drive** - Mail carriers will collect donated boxed and canned food along their regular routes that will go to the Food Bank.

## SMC Staging the Musical Sweeney Todd

By Andrea A. Firth



SMC Performing Arts Department students Katherine Cooper as Mrs. Lovett and Andrew Galindo as Sweeney Todd. Photo Michael Cook

"It's a thriller. Very intense, very creepy, and very funny," says Saint Mary's College (SMC) Professor Reid Davis about SMC's upcoming production of Stephen Sondheim's musical *Sweeney Todd, The Barber of Fleet Street*. "It's a gorgeous show. The actors are remarkable, and the singing is beautiful," adds Davis who will provide stage direction alongside San Fran-

cisco-based musical director Armando Fox.

*Sweeney Todd*, based on the urban legend of the murderous barber seeking revenge and his entrepreneurial neighbor, Mrs. Lovett, who seizes upon the corpses to bolster her meat pie business, is a play that everyone can relate to according to Davis. "Sondheim said that Sweeney's a very human charac-

ter," notes Davis. "He is all of us when we seek revenge. Sweeney's tragedy is everyone's tragedy. Who hasn't been betrayed?" he adds.

Davis believes the production has provided a rich educational experience for his student performers as he has pushed them to be introspective and explore the deeper meaning of what he describes as a witty satire on human consumption. Plays with challenging themes and a humorous twist are familiar turf for Davis who also directed SMC's Performing Arts Department performance of *Urinetown* in 2007 and *Twelfth Night* last year. The *Sweeney Todd* cast will be led by SMC senior and veteran actor Katherine Cooper, as Mrs. Lovett, and freshman stand-out Andrew Galindo as Todd.

Performances will be held in LeFevre Theatre on the Saint Mary's College campus in Moraga on April 16-18 at 8 p.m.; April 23-25 at 8 p.m.; and a Sunday matinee on April 26 at 2 p.m. Tickets are \$12 for non Saint Mary's students, and \$15 for general admissions. For further information, contact the Performing Arts Department at (925) 631-4670.

## EXCEPTIONAL PROPERTIES



**160 Via Joaquin, Moraga**, Open Sunday from 1-4 3BR/3BA, Approx 2117 sq ft, Updated and spacious town-home with soaring ceilings, hardwood floors, abundant storage, open floor plan and a large family room. Located adjacent to shops, restaurants, park, trails, and the library

**48 Moraga Via, Orinda**, Open Sunday from 1-4 3BR/2.5BA, Approx. 2,008 Sq Ft and 1/2 Acre, Crisp, clean home with numerous upgrades, lovely setting, hardwood floors, custom cabinetry, and new Kitchen appliances.

**122 Crestview, Orinda**, Open Sunday from 1-4 4BR/3BA, Approx. 3,003 Sq Ft and 1.6 Acres, Plus a separate Apartment (not figured in the stated square footage). Gorgeous upgrades (2009) enhance this charming home. Views of the surrounding hills, private setting, level lawn and rooms filled with light.

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## Saint Mary's College Campus Happenings



Photo by Ken C. Young, Moraga; [www.kcyoungfineartimages.com](http://www.kcyoungfineartimages.com)

### THEATER

The Saint Mary's College Performing Arts Department presents a deliciously demonic evening of musical theatre, Stephen Sondheim's "Sweeney Todd, The Demon Barber of Fleet Street" featuring a cast of Saint Mary's devilishly talented performing arts students. LeFevre Theatre- April 16 -April 26, \$15 General Admission. Please call (925) 631-4670 for show times and tickets. See story above.

### MUSIC

**Friday, April 17 at 8 p.m. in the Chapel** Soprano Christine Wong accompanied by Renee Witon. Singing the works of G.F. Handel, Franz Schubert, W.A. Mozart and E. Charles. Free admission.

**Monday, April 27 at 8 p.m. in the Chapel.** Classical Guitarist Kyle Bon-

derud and Soprano Karina Gillette. Kyle Bonderud to perform the works of J.S. Bach, Leo Brouwer and Heitor Villa-Lobos. Karina Gillette singing the works of J. Brahms, C. Debussy, and Heitor Villa-Lobos. Free admission.

**Saint Mary's Jazz Band** Spring Recital directed by John Maltester Thursday, April 30 at 8 p.m. in the Soda Center and Wednesday, May 6 at 1 p.m. in the Quad. Free admission.

**Saint Mary's Dance Company Spring Concert** choreographed by Catherine-Marie Davalos, Jia Wu, Dana Lawton, Rosana Barragan, Paco Gomes, Pope Flynn and Shauna Vella. Thursday, May 7, Friday, May 8, and Saturday, May 9 at 8 p.m. Admission is \$5 for SMC students; \$8 for non-SMC students; and \$10 dollars for general admission.

**A Night in the Piazza** What: Join the celebration at this festive Italian Cultural Night event. Italian pasta, pastries, music dance and Dolce Vita.

When: Tuesday, April 21, from 6:30-8:30 p.m. Where: An Italian piazza recreated on the Chapel Plaza, Saint Mary's College of CA, 1928 St. Mary's Rd., Moraga. Sponsors: Dante Club, Admissions Office, Modern Languages Department, Performing Arts Department, and Mission & Ministry. Free food, music, dance and opera choruses!

**2ND ANNUAL SMC 5K RUN 4 HUNGER**

What: 2nd Annual SMC 5K Run 4 Hunger. Raise your heartrate, raise awareness, and raise support for those who are suffering from local and global hunger.

When: Sunday, April 26, 2 p.m. (Check in by 1:30 p.m.)

Where: Ferroggiaro Quad., Saint Mary's College of California, 1928 St. Mary's Rd., Moraga.

Entrance Fee \$5.00 for SMC students OR \$10.00 for SMC staff, faculty, & Lamorinda community members. Contact: Ryan M. Lamberton, Community Engagement Coordinator, CILSA, [RML4@stmarys-ca.edu](mailto:RML4@stmarys-ca.edu) or (925) 631-4015.

### HEARST GALLERY

The Hearst Art Gallery's new exhibition- Sacred Mountain: Images of Mt. Diablo and Mt. Fuji, on view from May 2 through July 3. Opening Events 2 PM, Sun., May 3- Lecture: Preserving and Protecting Diablo.

Exhibition hours: Wednesdays through Sundays, 11 am until 4:30 pm  
Admission: \$3 adult; children 12 and under free; free parking  
Web site: <http://gallery.stmarys-ca.edu>. Telephone: 925-631-4379

For more information about upcoming events at Saint Mary's College, visit the college website at <http://www.stmarys-ca.edu/news-and-events/events.html>.

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**Lamorinda Home Sales continued**

	<b>LAFAYETTE</b>	Last reported: 1
	LOWEST AMOUNT:	\$950,000
	HIGHEST AMOUNT:	\$950,000
	<b>MORAGA</b>	Last reported: 1
	LOWEST AMOUNT:	\$1,265,000
	HIGHEST AMOUNT:	\$1,265,000
<b>ORINDA</b>	Last reported: 6	
LOWEST AMOUNT:	\$726,000	
HIGHEST AMOUNT:	\$1,150,000	

Home sales are compiled by Cal Resource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California Resource. Neither Cal Resource nor this publication are liable for errors or omissions.

<b>LAFAYETTE</b>	1339 San Reliez Court, \$950,000, 3 Bdrms, 1898 SqFt, 1955 YrBl, 3-13-09
<b>MORAGA</b>	100 Corliss Drive, \$1,265,000, 3 Bdrms, 2417 SqFt, 1964 YrBl, 3-19-09
<b>ORINDA</b>	118 Diablo View Drive, \$1,000,000, 4 Bdrms, 2392 SqFt, 1955 YrBl, 3-18-09 61 Lombardy Lane, \$1,045,000, 3 Bdrms, 2550 SqFt, 1952 YrBl, 3-20-09 20 Normandy Lane, \$1,150,000, 4 Bdrms, 2911 SqFt, 1956 YrBl, 3-23-09 89 Oak Road, \$726,000, 2 Bdrms, 2040 SqFt, 1997 YrBl, 3-13-09 22 Snowberry Lane, \$750,000, 3 Bdrms, 1844 SqFt, 1951 YrBl, 3-13-09 2 Vista Del Moraga, \$774,000, 4 Bdrms, 2022 SqFt, 1950 YrBl, 3-13-09

**Lamorinda Foreclosures, June 2008 - February 2009**

LAFAYETTE 07-01-08, \$700,946, 2227 sf, 4 bd	MORAGA 06-26-08, \$453,037, 1322 sf, 3 bd
LAFAYETTE 07-09-08, \$1,200,000, 1094 sf, 4 bd	MORAGA 10-31-08, \$353,071, 1539 sf, 2 bd
LAFAYETTE 07-09-08, \$688,580, 1237 sf, 4 bd	MORAGA 11-17-08, \$283,500, 1066 sf, 2 bd
LAFAYETTE 07-31-08, \$669,000, 1306 sf, 2 bd	MORAGA 12-12-08, \$714,591, 1689 sf, 4 bd
LAFAYETTE 08-11-08, \$598,825, 1291 sf, 3 bd	MORAGA 12-11-08, \$221,250, 1386 sf, 2 bd
LAFAYETTE 08-25-08, \$1,731,875, 6198 sf, 10 bd	MORAGA 11-25-08, \$1,076,239, 1716 sf, 3 bd
LAFAYETTE 09-10-08, \$532,500, 2326 sf, 3 bd	MORAGA 01-12-09, \$327,159, 1233 sf, 2 bd
LAFAYETTE 10-14-08, \$1,282,059, 2531 sf, 4 bd	MORAGA 01-13-09, \$393,066, 1348 sf, 3 bd
LAFAYETTE 11-26-08, \$569,500, 1768 sf, 3 bd	MORAGA 02-11-09, \$444,828, 1394 sf, 3 bd
LAFAYETTE 12-01-08, \$1,020,000, 3060 sf, 4 bd	MORAGA 06-04-08, \$1,368,621, 2725 sf, 3 bd
LAFAYETTE 11-26-08, \$828,325, 2040 sf, 5 bd	ORINDA 08-15-08, \$642,047, 1451 sf, 2 bd
LAFAYETTE 01-02-09, \$917,339, 2694 sf, 4 bd	ORINDA 09-17-08, \$926,548, 2040 sf, 2 bd
LAFAYETTE 01-29-09, \$479,009, 1731 sf, 3 bd	ORINDA 09-17-08, \$742,466, 1505 sf, 4 bd
LAFAYETTE 02-13-09, \$615,284, 1438 sf, 3 bd	ORINDA 09-20-07, \$715,000, 1642 sf, 4 bd
LAFAYETTE 02-17-09, \$607,750, 1443 sf, 4 bd	ORINDA 10-10-08, \$1,085,862, 2308 sf, 3 bd
LAFAYETTE 02-18-09, \$924,000, 2811 sf, 3 bd	ORINDA 12-01-08, \$544,000, 1527 sf, 2 bd
MORAGA 06-09-08, \$369,000, 964 sf, 2 bd	ORINDA 01-26-09, \$928,163, 1914 sf, 3 bd

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**Green and Greener**  
**Get Your Green On**

**By Dave Rochlin and Katy Foreman**

**Dave:** So who the heck were all of those people at the ClimatePath movie/launch party night at the Rheem Theater last month?  
**Katy:** I know, it was great to have such a big turnout. People don't think of this area as very "green," but we aren't alone and local residents are working hard to make our community more sustainable.  
**Dave:** Seriously. I had no idea so many people locally were so passionate. One of the things I noticed though is the "Big Green Umbrella" under which people operate. I had conversations about saving Mount Diablo, water usage, rainforests, ridge line development, Boy Scout urban tree planting, local produce, smart cars, creeks, and even Chevron's solar investments. Everyone seems to have a particular cause...and a lot to say about it.  
**Katy:** It's true - the "green" movement can seem overwhelming until you find a niche that you're most

passionate about. Like my latest pet-cause: greener, safer landscaping. Those little gas powered motors in blowers and mowers seem small, but are major polluters...and don't even get me started on the poisons sprayed around houses and lawns. I know, I know, this is a topic for another article.  
**Dave:** Indeed it is. This one is about finding your green niche here in Lamorinda. There are active groups in both Moraga (sustainablemoraga.org) and Lafayette (sustainablelafayette.net) that can help you. They organize everything from battery pickups to film nights, and even a monthly green drink events to secretly plot the further greening of our area. They are always looking for fresh ideas. You can sign up to stay informed on their respective websites. Hey what about a "Sustainable Orinda" group?  
**Katy:** Sounds like a challenge.

There is no formal "Sustainable Orinda" group (yet), but the city is certainly getting involved in Earth day activities, with several events taking place on Saturday April 18th. It will be a morning of clean up and creek restoration (meet in Theatre Square at 9AM, or email OrindaInAction@gmail.com for more details). Bring your work boots! Personally, I'll be walking over to the Lafayette Earth Day Festival, which focuses on "going local" this year. It's happening Sunday, April 19th at Stanley Middle School from 11-4. Over 50 groups will be there to talk about community supported agriculture, local green shopping, transportation, creating local energy, and community initiatives. The details are on the Sustainable Lafayette website.  
**Dave:** Hmm, a metaphorical salad bar of local green initiatives...it should be a great weekend to match up with whatever interests you. I do have to confess that I actually hate the idea of Earth Day. I know it raises awareness, but just making symbolic changes for the day really doesn't solve much.  
**Katy:** I know how you feel, but a lot of changes I've made have started with deciding to do it on a single day. Sometimes biking to work once, or eating one meat-free meal is all it takes to get you into a new habit. Plus they have live

music!  
**Dave:** So what else can you do to get involved and pursue your green passion locally?  
**Katy:** Good question! If you're a business, you can get involved in your local Chamber's green efforts, or even become certified as a Bay Area Green Business. Of course businesses can also measure their carbon footprint and become climate neutral with our help...just email me. But green isn't just for adults, thankfully. A bay-area-wide group called EarthTeam is working with high schools to support greening their facilities and educating students. Lots of resources are available at [earthteam.net](http://earthteam.net). Campo's group - the Lorax Club - aside from having my favorite name, has a really cool list of action items for April at <http://campo08.com/earth/>. Everything from bringing your own coffee cup to seeking out drought-tolerant plants. I was not this sophisticated as a teen...  
**Dave:** Yeah well...I'm not that sophisticated NOW. A famous man (OK maybe a KFOG disc jockey) once said "If you don't like the news, go out and make some of your own." So if you don't find a group working on what you care about, go out and start one of your own. Before you know it, you'll be manning your own booth at Earth Day, and getting others to join in.

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Katy Foreman is a committed environmentalist who lives in Lafayette, and Dave Rochlin is a lazy environmentalist who lives in Moraga. Together they operate ClimatePath, a website helping individuals and businesses reduce their carbon footprints by offsetting and conserving in the ways that are right for them. ClimatePath is on the web at [www.climatepath.org](http://www.climatepath.org)

**Kurt Piper's**  
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<b>3518 Hamlin Road</b>  Offered at \$1,850,000	<b>916 Colina Court</b>  Offered at \$575,000
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<b>667 Glorietta Blvd.</b>  Pending Offered at \$1,085,000	<b>1750 Reliez Valley Road</b>  Sold Offered at \$929,000
<b>21 Eastwood Drive</b>  Pending Offered at \$1,025,000	<b>990 Condit Road</b>  Offered at \$939,000

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# business briefs

## Susan Foord Expands and Gives Back

**Susan Foord Catering, 965 Mountain View Dr Lafayette (across from Trader Joe's) 299-7616**  
 Foord started by adding seating in her small Lafayette catering and café store, in what she calls 'the library' (she keeps all of her cookbooks there). "We added tables and chairs and have become more of a café," she says, "and we've seen our business grow as a result." Foord added new entrees as well such as a Neiman Ranch hamburger and a fried chicken sandwich. Foord is not only about cooking, she's about social justice as well and since her facility was growing, she decided to give back to the community. Last Friday, April 10, was the first of her "giving back one bite at a time" events. Foord offers her space for non-profits to organize their own events, with raffle, music or whatever they need; she sells "one buck a bite" plates and "one buck a drink" beverages. The first non-profit to take advantage of the program was the California Autism Foundation. Foord intends to host such events twice a month. On top of this operation, Foord has a special fund raiser going right now to benefit Acalanes High School. Every Wednesday for 8 weeks she will give 5% to the school of every purchase made by all customers mentioning Acalanes.

## Community Marketing at Work: Keeping Order Creates Synergy with Fitness Partner

[www.keepingorder.com](http://www.keepingorder.com)

Lee Ann Kleinfelter is a networker. The Lafayette businesswoman is a productivity consultant who belongs to many business groups, where she meets other entrepreneurs with whom to share ideas and opportunities. At one of these meetings, she met fitness consultant Ben Jackson of Danville. Talking together, they realized that their clients were the same kind of individuals. "People who tend to strive to be fit and in shape also want to be 'fit' in their office," says Kleinfelter, "these people value time spent in being fit and staying organized." Most of Kleinfelter's clients are business owners who need assistance in improving their processes as they grow, "they want the right furniture, the right systems to match their unique ways of thinking," explains Kleinfelter. They want to be better at what they do, doing more with less, in all areas of their lives. Jackson agreed that his clients, who want to be fit and trained, are great potential customers for Kleinfelter. The director of New Direction Fitness lets Kleinfelter talk to all the trainers and have them present to their clients Keeping Order services. The second step of the partnership will be to bring the gym into the office. As a personal trainer and coach, Ben Jackson is developing creative options for those who will want to stay fit while working. Kleinfelter will be the speaker at the coming Orinda Chamber luncheon (see below).

## Catherine Hall Wins Two 1st Place Awards in Photography Album Competition

**Studio 3400 Mt Diablo Blvd Suite 9A, Lafayette, (917) 922-9216, www.catherinehall.net.**

Catherine Hall of Lafayette has received special honors in the Wedding & Portrait Photographers International (WPPI) 2009 Awards of Excellence Album Competition in Las Vegas in February. Hall received first place in both Wedding and Non-Wedding categories. She received as well an Accolade of Excellence in the Multiple Photographers or Studio category. Hall competed against an international field of photographers to win such honors. The Awards of Excellence Album Competition awards are presented each year at the largest trade show, educational platform and convention in the United States for professional photographers. The 2009 competition included 196 albums in 5 different categories submitted by photographers from all over the world. Hall is an internationally renowned photographer based in Lafayette, CA and New York City, NY.

## Living Lean Expands Lamorinda Partnerships

**104 Via Floreado, Orinda 360-7051**

Over a year ago, Sheena Lakhota started to create partnerships with local restaurants and stores so her clients could eat "lean" on the go. The first places to offer "lean" meals and products were Rising Loafer and Diablo Foods in Lafayette, Quenchers, Caffe Teatro and Gepetto's Caffe in Orinda. She has now extended her reach to Moraga with an agreement with Terzetto, and in Orinda both Shelby's and Casa Orinda are adding "Living Lean" items to their menus.

## Jim Colhoun, Prudential California Lafayette

**999 Oak Hill Road in Lafayette, CA 94549, phone 925 962-6101**



Prudential California Realty has named Jim Colhoun the firm's number one agent for 2008, marking his second consecutive year as top agent out of more than 1500 agents. Colhoun has been with Prudential California Realty's Lafayette office for 20 years. "Jim is someone who truly enjoys working every day as a Realtor," said Ed Krafchow, president and chief executive officer. "The mark of a great agent like Jim is that he thrives in good markets as well as down markets because he brings value to his clients. Jim has built a very strong client base during the past two decades." Colhoun has received the National Legend Award for achieving the National Chairman's Circle five times. He is a Certified Fine Homes Specialist and a Relocation Specialist who has achieved more than \$300 million in sales. Colhoun resides in Moraga.

## News from the three Chambers of Commerce

### Lafayette Chamber of Commerce

- New Member Reception, Thursday, April 16, 5:30pm, Bank of the West, 3583 Mt. Diablo Blvd.
- Ribbon cutting ceremony for Kattenburg Architects, 11 Moraga Way, #3, Orinda on Thursday, April 23 starting at 4:30pm.
- Business Issues/Government Affairs Meeting - Friday, April 24 - 8am, Lafayette Chamber Conference Room.

### Moraga Chamber of Commerce

- Chamber mixer on April 28th at 6 p.m. in the new professional condo building at 533 Moraga Road (across from the Rheem Shopping Center). Elena and Larry Hood will host and give a tour of the building. Wine and appetizers will be provided. During the meeting, Larry Tessler and Grant Stubblefield will propose a training on professional networking, how to use a mixer or an event, like the Moraga Community Faire, to "reach beyond the booth" and introduce yourself and your business to the community.

### Orinda Chamber of commerce

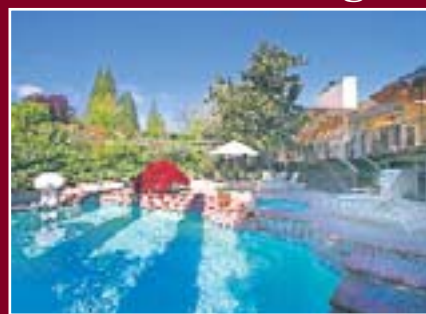
- Orinda Chamber Luncheon Friday, April 24, Noon to 1:30 at the Orinda Country Club, 315 Camino Sobrante. Luncheon Presentation: Guest speaker Lee Ann Kleinfelter, owner of Keeping Order, is an expert in implementing personalized time-saving strategies for corporate executive and business leaders. She 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.

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



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## NovelX, Opening New Windows for Nanotechnology

By Sophie Braccini



Jim Rynne (left) and James Spallas (left) look at the inside of a mySEM  
 Photo Sophie Braccini

How cool can an electron beam be for a non-scientist? Extremely! Projected onto a surface, the beam triggers the electrons of the object to react. Measure this reaction and you obtain the image of the object in detail to the atomic level: you are viewing the image at the nanoscale (1 nanometer = 1/1,000,000 millimeters or 1/100,000 of a human hair).

This is the technology used by Scanning Electron Microscopes (SEM). The best optical microscope can magnify by 1000x, while the SEM will magnify by 250,000x. This technology has been commercialized for more than forty years, but the hardware requires a lot of space and it's very expensive.

In Lafayette an innovative company, NovelX, has created mySEM, a SEM that's the size of a desktop printer, costs less than a tenth of current SEM models, and produces the same high quality imaging required by the most demanding of researchers. That's why NovelX, which is finishing up its second round of financing, has a long list of customers from research labs and industry R&D departments who want to get their hands on their microscope.

"Nanotechnologies have an enormous potential to create new tools, products and technologies that will address some of our biggest challenges" says Jim Rynne, Vice President of Business Development with NovelX, "what we are providing these researchers are the performing and affordable picks and shovels to dig that gold."

According to a recent Princeton paper, "waiting for access to imaging equipment often presents a major road block in research and development cycles...most SEM's are housed in large core research fa-

ilities and are not easily accessible to the researchers that desperately need them."

The uniqueness of NovelX comes from the new technology that the two founders of NovelX, Dr. Lawrence Muray and Dr. James Spallas, have developed by combining their expertise. Muray's background is in advanced electron beam lithography and electron beam tools, while Spallas' expertise lays in semiconductor fabrication and micro-machining MEMS devices. The result is the patented NovelX Stacked Silicon technology, a miniaturized device at the core of the mySEM that achieves sub 10nm resolution.

MySEM has other competitive advantages such as the low voltage imaging that allows a delicate address of the surface that's viewed. Bigger SEMs that use high voltage require the coating of non-conductive samples so the electron beam does not damage them. Low volt-

age is particularly appropriate for the observation of surfaces, such as cells.

NovelX has sold its Beta systems to UC Berkeley, UC San Francisco, Stanford University and the Naval Postgraduate School. AT UCSF, before getting their mySEM, researchers had to book time with an institution that had a large SEM and physically transport their experiment either down to the Peninsula or over the bridge. "Not only didn't they have the budget to buy a big system, but they didn't have the space and the infrastructure that's required," explains Rynne.

NovelX's clients are starting to publish results including imaging obtained using mySEM. As a result, the company is receiving multiple awards, and getting a lot of coverage in scientific publication. Their first financing came from a DARPA (Defense Advanced Research Projects Agency) grant; they now need \$1.5 million to expand production and ramp up sales. NovelX will seek an additional \$2M to finance additional growth and achieve breakeven in 2011. Lafayette angel capital group Keiretsu Forum has taken a keen interest in them and is helping to secure the money necessary for the expansion.

"We have now stepped out of the Beta phase to enter the limited production chapter of our history," says Rynne. The Lafayette resident, and father of two Burton Valley Elementary school students, estimates the potential market for mySEM to \$400M. According to the Princeton paper, the market size is in the thousands of units; NovelX has no choice but to grow.

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## Lamorinda Schools

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

### Green Night at Rheem Theater

By Jessie Kathan



Students dress in recyclable materials for a "walk down the aisle" in the Green Night "Trashy Fashion Show." Pictured from left to right: Sara Deewolf, Campolindo HS 2009; Clara Tsao, Miramonte HS 2009; Emily Lin, Las Lomas HS 2009; Phoebe Song, Las Lomas HS 2009; Kela Felton, Orinda Intermediate (graduating from OIS in 2010, from HS in 2014); Zoe Pehrson, Miramonte HS 2009; Rachel Tsao, Miramonte HS 2009

For one Thursday night every month, the Rheem Theater undergoes a transformation into a center for all things green. Green Night, sponsored by EarthTeam, Generation Green, Sustainable Moraga, Sustainable Lafayette, and Parents for a Safer Environment, kicked off with a reception including appetizers, a recycled arts and crafts table, and information on how to go green.

A "trashy fashion" show followed, with attire made from reused and recycled materials. The creative outfits, worn by seven Lamorinda teens, each advertised a different waste product and its effect on the environment, including aluminum, plastic bags, and film. The fashion show, utilizing plastic bag skirts, Styrofoam dresses, and an impressive ensemble made entirely of six-pack rings, not only showed off creativity but reminded audience members that

what they leave at the curbside affects the world they live in.

This month's featured movie was entitled, "Garbage: The Revolution Starts at Home," featuring an ordinary family, the McDonalds, and chronicling their journey as they keep all of their trash in their garage for three months. While statistics underscore how pollution is bad and recycling is good, "Garbage" showed audience members the direct impact their actions have all over the world. Despite some of the movie's sobering statistics, the overall message was that efforts to conserve and recycle really do make a difference. The night ended with homemade cookies, warm smiles, and the overall feeling of optimism as our own little revolution began.

To learn about EarthTeam's work with teens and teachers, visit [www.earthteam.net](http://www.earthteam.net)

### D.C. Means Living History for Stanley 8th Graders

By T.R. Audley



Stanley School students take a break on memorial steps in Washington D.C.

For most, a visit to Washington, D.C. brings American history to life. Victoria Shegoian, eighth grade history teacher at Stanley School, agrees. One of six chaperones on the Stanley School spring break trip, Shegoian has served as trip coordinator for the past 13 years. "Seeing the sights of D.C. through the eyes of eighth graders each year is a new and exciting experience," she says.

On the first day of spring break - 4:30 a.m. on Saturday morning - 96 Stanley School eighth graders assembled in the school parking lot, ready for a hands-on history lesson.

The trip fell within the first 100 days of the new presidency, and although students did not have experience to compare, Shegoian did see changes relative to past visits.

"D.C. felt more relaxed. There were kids and families on the white house grounds in areas where only security was allowed before," she says.

"Probably the most memorable thing we saw was the Washington Monument. There was a great view of everything from the top," eighth grader Jack Burford says.

Seeing the original Declaration of Independence at the National Archives also struck students as did the 9/11 memorials which mark events within their lifetime. "There was a bench at the Pentagon for each person who died there on 9/11," says Burford. "The benches looked like they rose out of the ground."

A visit to the White House, however, was only one stop. The busy itinerary also included monu-

ments and museums as well as side trips to Arlington National Cemetery, Williamsburg, Gettysburg and Jamestown. According to strict trip rules, students were to act respectfully or go home. Shegoian proudly noted that students exceeded expectation.

At the solemn and serious Holocaust museum, for instance, Shegoian was impressed when students lined up without instruction and the docent dubbed her group "the most respectful and quiet of the day."

The \$1,980.00 cost for the trip included everything from airfare to accommodations, social events and meals. Scholarships were available through Stanley and affiliates of WorldStrides who also offer one (1) credit toward a high school elective.

Beyond cost, academic credit, friendship changes and tales of late nights, Shegoian sees the big picture. "At first it will appear to parents and other adults that they just had fun on the trip, yet over the course of the next couple of months, it will become clear that they gained a great deal of information and understanding about our country."

At night in the hotel, there were new challenges. "On their own they had to do the basics: budget spending money, eat at mealtimes and refill their own water bottles," said Shegoian. "They also learned to be flexible, help each other remember things and advocate for someone who was not feeling well." Security was hired for the halls at night where sometimes sleep was scant. Nevertheless, students remembered their days.

### And the Award Goes to...Campolindo!

#### 2009 Secondary Principal of the Year

by Jean Follmer



Campolindo High School Principal Carol Kitchen cheers in the first row left

Photo provided

Campolindo High School Principal, Carol Kitchens, has been selected by the Association of California School Administrators (ACSA) as the 2009 recipient of the Secondary Principal of the Year Award. The distinguished honor is presented annually in recognition of the outstanding performance and achievements of an individual within the California public school system. Kitchens will be recognized in an upcoming issue of *EdCal* and at the ACSA Leadership Summit that will be held in Sacramento this November.

Kitchens is not a leader who avoids change and growth - she embraces them. In her nine years as Campolindo High School Principal, Kitchens has seen the school grow from 800 to 1,400 students. "When issues arise that require her attention, she quickly collects the necessary information, meets with those whose knowledge and expertise are required, and comes to a quick and fair resolution. She faces issues head-on

and quickly," said Campolindo Administrative Assistant Mary Eggertsen.

Eggertsen said Kitchens has overseen numerous expansions and improvement throughout the campus. "She has restructured the faculty, departments, subject areas and school site meetings, begun a freshman transition program, provided students a greater role in the student activities program, overseen the building of a new theater and all new athletic fields, trained staff on assessment and interpreting data to effect school change and managed the school's six-year accredited self-study report," continued Eggertsen.

Dennis Regalado, the Director of Alternative & Community Education for Acalanes Union High School District echoed Eggertsen's enthusiasm in his nomination letter to ACSA.

"Carol has provided the leadership to make Campolindo one of the top high schools in the region, state, and nation," Regal-

ado says. "Campolindo High School excels in every measure used to evaluate a school, from graduation rates, college entry, test scores, an API of over 900, an outstanding visual and performing arts program, to an outstanding athletic program turning out Olympic athletes. In every aspect of a comprehensive high school Carol's leadership, dedication, vision and passion can be seen."

Kitchens was thrilled to receive the news of the award when she returned from spring break. "I am honored," she says. "To receive an award for something I love doing, which allows me to work with an incredibly bright and talented student body and staff, and to be supported by a community, a district, and a board of education that want the best well-rounded education for all students is truly gratifying. Campolindo is a place where we all teach and we all learn together under the same roof."

Mary Eggertsen contributea to this article.

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## Lamorinda Schools

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### Miramonte Latin Club Wins First Place Overall

Edited by Jennifer Wake



Miramonte Latin Teachers Matt Davis and Nick Carpenter, along with Latin Club members, show off their first place trophy from the 54th Annual California Junior Classical League Convention Photo Yoni Mayer

Boasting more than 100 student members, the Miramonte High School Latin Club took first place overall (for large schools) at the 54th Annual California Junior Classical League Convention on March 27 and 28 in San Jose.

The combined efforts in events ranging from athletics to academics resulted in Miramonte's high score, according to Pat Rudebusch, a parent who helped to chaperone the event. "The kids competed in academic testing, art, music, and drama competitions, catapulting and chariot racing, tennis, track, fashion design, spirit . . . the list goes on and on."

One freshman student even built a huge Trojan horse for the competition. "The thing must have been at least eight feet tall....com-

plete with a door leading to the horse's belly, which could hold several kids," Rudebusch said.

The thing Rudebusch likes most about the convention (and the whole Latin program at Miramonte) is seeing students with diverse interests and skills pulling together and supporting each other. "Where else do you find the basketball star routing for the artist or the history wiz-kid cheering for the track star. It's really quite amazing to be a part of."

Miramonte was also awarded first place in volleyball and basketball, and took second place in the spirit competition. Nearly 30 students won individual first place awards in categories ranging from costume design to ancient geography, essay arts to watercolor.

#### Individual Latin Club Winners

- |                     |   |                        |   |
|---------------------|---|------------------------|---|
| Troy C. Akin:       | 3rd Place Tennis Athletics HS-Boys                  | Elena P. Loke:         | 3rd Place Original Poetry (Pre-Conv) Arts HS 9-10   |
| Chris A. Alford:    | 1st Place Costume Couples                           | Alan A. Long:          | 1st Place Ancient Geography Academic HS-2           |
|                     | 2nd Place Photography Traditional Arts HS           | Jared R. Madnick:      | 1st Place Slogan Latin (Pre-Conv) Arts HS 9-10      |
| Christina L. Arnon: | 1st Place Jewelry Arts HS                           |                        | 3rd Place Certamen (Team) HS-1 Academic HS 1        |
|                     | 1st Place Daily Life Academic HS-Adv                | Marina M. Mai:         | 2nd Place Art Miscellaneous Arts HS                 |
|                     | 2nd Place Reading Comprehension Adv Academic HS-Adv | Devon McDonald:        | 3rd Place Art Miscellaneous Arts HS                 |
| Adam C. Atkins:     | 3rd Place Slogan Latin (Pre-Conv) Arts HS 9-10      | Aydin Mehraie:         | 1st Place Maps Arts HS                              |
|                     | 3rd Place Open Certamen HS 2                        |                        | 1st Place Brass / Winds Arts HS                     |
| Levon Baburyan:     | 2nd Place Slogan Latin (Pre-Conv) Arts HS 11-12     | James B. Ostrom:       | 1st Place Slogan Latin (Pre-Conv) Arts HS 11-12     |
| Weston L. Bergh:    | 1st Place Slogan English (Pre-Conv) Arts HS 11-12   | Kristin F. Park:       | 3rd Place Vocabulary Academic HS-3                  |
| Lindsay A. Blore:   | 2nd Place Slogan Latin (Pre-Conv) Arts HS 9-10      | Morgan S. Pavey:       | 1st Place Essay Arts HS 11-12                       |
|                     | 2nd Place Modern Myth (Pre-Conv) Arts HS 9-10       |                        | 3rd Place Dramatic Interpretation HS                |
|                     | 3rd Place Essay Arts HS 9-10                        | Ann M. Pister:         | HM Vocabulary Academic HS-Adv Individual            |
| Benjamin I. Breen:  | 1st Place Derivatives Academic HS-3                 |                        | 1st Place Arts Overall HS 1                         |
| Joseph V. Chen:     | 1st Place That's Entertainment Arts HS              |                        | 1st Place Watercolor Arts HS                        |
|                     | 2nd Place Catapult                                  |                        | 1st Place Colored Pencil Arts HS                    |
| Andrew B. Cherry:   | 1st Place History Academic HS-Adv                   |                        | 1st Place Mixed Media Arts HS                       |
|                     | 1st Place Ancient Geography Academic HS-Adv         |                        | 1st Place Charcoal Arts HS                          |
|                     | 2nd Place Glass Arts HS                             | Stark K. Pister:       | HM Vocabulary Academic HS-1                         |
|                     | 2nd Place Publicity                                 |                        | 1st Place Glass Arts HS                             |
| Meghan M. Colwell:  | 2nd Place Vocabulary Academic HS-1                  |                        | 2nd Place Mottoes, Abbrev. & Quotes Academic HS-Adv |
| Ayana Crawford:     | 1st Place Other Textiles Arts HS                    |                        | 3rd Place Models (Small) Arts HS                    |
| Galen Danzig:       | 2nd Place Catapult                                  | William Reuvekamp:     | 2nd Place Models (Large) Arts HS 2 The Trojan Horse |
| James Darling:      | 1st Place Mosaics Arts HS                           | Michael C. Sappio:     | HM Ancient Geography Academic HS-2                  |
|                     | 3rd Place Ancient Geography Academic HS-Adv         | Philip Shamash:        | 2nd Place Pentathlon Academic HS-1                  |
|                     | 2nd Place Spirit                                    |                        | 3rd Place Board Games Arts HS                       |
| Kathleen L. Denny:  | 2nd Place Posters Const. Arts HS                    |                        | 3rd Place Reading Comprehension I Academic HS-1     |
| Robert B. Fluegge:  | 3rd Place Certamen (Team) HS-1 Academic HS 1        | Christine Shin:        | 2nd Place Mixed Media Arts HS                       |
| Sarah M. Furtado:   | 3rd Place Illustrated Quotes Arts HS                | Stoltenberg:           | 2nd Place Scrapbook HS                              |
| Hillary J. Good:    | 3rd Place Costume Female HS 9-12 Arts               |                        | 3rd Place Grammar II and above Academic HS-Adv      |
| Antony H. Gout:     | 1st Place Costume Couple                            | Valerie L. Su:         | 3rd Place Grammar -- I Academic HS-1                |
|                     | 1st Place Modern Myth (Pre-Conv) Arts HS 11-12      |                        | HM Reading Comprehension I Academic HS-1            |
| Patrick J. Hart:    | 1st Place Models (Large) Arts HS 1                  | Arielle R. Swernoff:   | 1st Place Costume Female HS 9-12 Arts HS            |
| Haley J. Honens:    | 3rd Place Slogan English (Pre-Conv) Arts HS 11-12   | Hannah S. Swernoff:    | 3rd Place Certamen (Team) HS-1 Academic HS 1        |
| Cheryl L. Hori:     | 3rd Place English Oratory Academic HS 11-12         |                        | 3rd Place Pentathlon Academic HS-1                  |
| Daniel D. Horstman: | 1st Place Mottoes, Abbrev. & Quotes Academic HS-1   | Brian P. Tan:          | 1st Place Individual Athletics Overall HS 1         |
|                     | 3rd Place Derivatives Academic HS-1                 |                        | 1st Place Tennis Athletics HS-Boys                  |
| Rachel N. Huang:    | 3rd Place Slogan English (Pre-Conv) Arts HS 9-10    |                        | 2nd Place Reading Comprehension I Academic HS-1     |
| Jake Kaplan:        | 2nd Place Other Textiles Arts HS                    | John J. Toman:         | 3rd Place Reading Comprehension Adv Academic HS-Adv |
|                     | 2nd Place Slogan English (Pre-Conv) Arts HS 11-12   | Tiffany Tu:            | 1st Place Sculpture Arts HS                         |
| Theresa E. Kaplan:  | 2nd Place Decorative Stitching Arts HS              |                        | 3rd Place Jewelry Arts HS                           |
|                     | 3rd Place Photography Traditional Arts HS           | Hannah S. Waldschmidt: | HM Vocabulary Academic HS-3                         |
| Julian C. Kelly:    | 2nd Place Models (Large) Arts HS 2 The Trojan Horse | Julia L. Withers:      | 1st Place Vocabulary Academic HS-1                  |
| Wesley K. Lau:      | 1st Place Ancient Geography Academic HS-1           |                        | 3rd Place 1600 Meters Athletics HS-Girls            |
| Diya Li:            | 2nd Place T-Shirt                                   | Beverly Worth:         | 3rd Place Costume Female HS 9-12 Arts               |
|                     | 3rd Place Slogan Latin (Pre-Conv) Arts HS 11-12     | Alex J. Yeh:           | 1st Place Reading Comprehension I Academic HS-1     |
| Andra Lim:          | 1st Place Costume Couples                           |                        | 2nd Place Ancient Geography Academic HS-1           |
| Eric V. Liu:        | 1st Place Pentathlon Academic HS-2                  | Cecilia J. Zoll:       | 1st Place Acrylic/Oil Arts HS                       |
| Natalie M. Liu:     | 3rd Place Maps Arts HS                              |                        | 2nd Place Daily Life Academic HS-2                  |

### Announcing Orinda Idol 2009 Auditions!

Submitted by Susan Garrell

The Orinda Arts Council (OAC) invites K-12th graders to sing for a chance to be an Orinda Idol finalist at auditions on May 29 and 30 at Orinda Intermediate School (80 Ivy Drive, Orinda). Auditions for the High School Solo and Group Categories (K-5 & 6-12) are open to all residents of and/or those attending school in Lamorinda, while the Elementary (K-2 & 3-5) and Middle School Solo Categories are open only to residents of and/or stu-

dents attending school in Orinda. For reservations (which open April 17 and close May 24), e-mail your name, grade, school, and e-mail address to orindaidol@bluestar.com. Cash prizes for winners include \$750 (high school), \$500 (middle school), \$300 (3rd to 5th grade), \$200 (K to 2nd grade) and \$300 and \$500 for groups. Finals will be held on Sept. 13 at the Orinda Theatre. For more information, visit the OAC Web site at www.orindaartscouncil.org

**Audition Schedule:**  
**Elementary K-5th Grade:**  
 Friday, May 29, 3 to 7 p.m.  
**Middle & High 6-12th Grade:**  
 Saturday, May 30, 10 a.m. to 5 p.m.  
**Groups:**  
 Saturday, May 30, 10 a.m. to 5 p.m.  
*(New: Two Group Categories: K-5th Grade & 6th-12th Grade)*

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### St. Perpetua Celebrates 45 Years with New Technologies

Submitted by Jake Bodden



St. Perpetua alums stand with their children, who currently attend the school Photo provided

As St. Perpetua in Lafayette celebrates its 45 years of longevity, it continues to embrace new technologies and make the changes required to remain a top elementary and middle school well into the future. Since 2002, St. Perpetua has invested more than \$4 million in updating and expanding its school facilities, and to bring the latest technologies into every classroom, including a state-of-the-art

Information Technology Center. Interactive "Promethean" boards have replaced traditional chalkboards. These new boards enable the teacher to gain instant feedback on what individual students are grasping or not, and to change a teaching approach on the fly. And with a new, fully-equipped science laboratory and award-winning Garden of Learning, students study science through a hands-on ap-

proach. "It's been a whirlwind this year for our school," says Principal Karen Goodshaw, who joined St. Perpetua in 2008. "We have been fortunate to be able to invest in our school and our students during a difficult economic climate. The changes to the technology, the curriculum, and the teaching staff have all had an immediate impact on our students."

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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 29, 2009 at 7:30

**Lafayette School District**  
 LAFSD Office  
 3477 School Street, Lafayette  
 Wednesday, May 13, 2009 at 7:00  
**Orinda Union School District**  
 OUSD Office  
 8 Altarinda Road, Orinda  
 Monday, May 11 at 4:00

**Moraga School District**  
 Joaquin Moraga Intermediate  
 School Auditorium  
 1010 Camino Pablo, Moraga  
 Tuesday, May 12 at 7:30

### Rheem Elementary Gets Garden Help



Photo Jeremy Foster

With the help of Donald L. Rheem Elementary School teacher Sarah Stocco, 12 high school students from the Student Conservation Association's Bay Area Conservation Leadership Corps (SCA) and their guests helped build a trail up the hill through the new school garden, construct planter boxes, and clear trash and other debris from a nearby stream on March 22. This service project was made possible by the planning of these twelve second or third year SCA members, SCA crew leaders, and Stocco, who is an SCA alumna. The San Francisco Bay Area CLC program is a high school level conservation training ground that is part of SCA, a national youth conservation organization. For more information on the SCA, please visit: [www.thesca.org](http://www.thesca.org).

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## Lamorinda Schools

### Ask Dr. Harold Autism Spectrum Disorders

By Dr. Harold Jules Hoyle, Ph.D.

I was recently at a volleyball game at Campo, when a parent I was talking to told me that her nephew was diagnosed with high functioning Autism. She asked me, "What does that mean and what should I do?"

So here is some background and a short rundown on the recent research on children with Autism.

Autism (first described in 1943 by Leo Kanner and in 1944 by Hans Asperger) is characterized by clinically significant behavior involving: 1) Social impairment, 2) Communication impairment, 3) Repetitive behaviors/interests. Clinicians observe a child's behavior in order to diagnose it. Asperger's disorder does not have the language or cognitive delays that can be a part of an Autism diagnosis.

In the past several years, terminology has changed from talking about just Autism and Asperger's disorders to talking about Autism Spectrum Disorders (ASD). More recently, the research community has begun using the term Autisms. This is because there is growing evidence that there are different Autisms. Some kids have seizure disorders, some have anxiety, some have gastro-intestinal issues, and many other subtypes. The key point researchers and clinicians agree upon is Autism is not one thing.

As far as what causes Autism, the most controversial theory has

been childhood inoculations. Leading researchers in this field, however, have ruled out inoculations as the direct cause for the increased diagnosis of Autism, so I recommend you make decisions about childhood inoculations with your pediatrician and not based on what I write, what you see on TV, or what you find on the Internet. What we do know is that ASDs are developmental disorders of the brain. The interactions between genes, the body's immune system, and the environment are being studied at a remarkable rate and new studies come out each month. One of the leading research centers in the world is just up the road at UC Davis' MIND Institute. They have tremendous resources on their Web site.

So what do you do if your child is diagnosed with an ASD?

Treatment professionals agree on one thing: Early intervention is important. Because there are many Autisms, kids may or may not respond to a particular treatment. A special diet might significantly change the lives of some kids, but not others. Applied Behavioral Analysis (ABA) might work well for many kids, but not for others. Treatment specialists are now recommending individualizing treatment planning for kids. This is where you reach out to professionals and organizations for support

and advice.

I recommend a combination of direct intervention with the child, support services for the child and family, and everyone in the family or who works with the child get educated about how they can help in their role.

The medical professionals who diagnose ASDs should refer the family to the appropriate services for the age of the child. Autism is covered under Special Education Law and an Individual Family Service Plan IFSP for birth to 5 or and Individual Education Program IEP K-12 should be implemented as soon as possible.

Here is a list of resources: 1) CARE Parent Network is a local resource for families of children with Autism and other developmental disabilities, 2) The Orion Academy in Moraga is a nationally recognized, accredited school for children on the spectrum, 3) I recommend books by Temple Grandin, 4) A short novel that many people say helps them understand the thinking of kids with ASD is, *The Curious Incident of the Dog in the Night-time* by Mark Haddon.

[www.drharoldhoyle.com](http://www.drharoldhoyle.com)  
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### Talented Students Honored at OAC Visual Arts Competition

By Jean Follmer



Pictured from left to right are: 1st Place Photography Andrew Moore - Miramonte Senior, 2nd Place 3D Marisa Rowland - Miramonte Senior, 2nd Place Photography Erin Cherry - Miramonte Sophomore, 1st Place 3D Michael Nohr - Miramonte Senior  
 Photo Jean Follmer

Winners of the 2009 High School Visual Arts Competition were announced last Friday at the packed Orinda Library Gallery reception, hosted by The Orinda Arts Council (OAC). The 6th annual competition was open to all high school students living or attending school in Lamorinda, with more than 160 entries submitted this year by students from Bentley, Campolindo, Holden, Miramonte and Orinda Academy.

Miramonte Senior Andrew Moore was pleased with his first place win in photography. "I feel good. I can't find a job right now so it's good to have something (the prize money) for now," Moore said. He plans to attend Diablo Valley College in the fall and ultimately attend the California College of Art in Oakland.

Miramonte Sophomore Erin Cherry was clearly happy about her second place win in photography. Her piece, entitled "Winter Fairytale," featured a young girl posed in a sleeveless dress sitting on a dock covered in snow. Cherry said the photo was taken in Tahoe. "I saw the location and I'm just really into portraiture," she said.

Cash prizes totaling \$2,250 were awarded to the winners, including \$500 to each of the first place winners. Sixty of the students volunteered to sell their work, priced at their discretion (60 percent of any proceeds go to the student artist, and 40 percent to the Orinda Arts Council "to sustain and continue programs like this one").

Judges based their decisions on creativity and originality, content, and degree of expertise in the chosen medium. Each of the judges are professionals who either teach, practice or represent expertise in the individual mediums.

Heidi Donner, who has worked for the Hearst Art Gallery at Saint Mary's College for 20 years, is a repeat judge for the OAC competition and says it fills a true need in the community.

"The demise of the County-wide exhibition at Sun Valley Mall took away one of the few opportunities for art students to have their work displayed for general audiences. There are very few venues where one can see works by students from several high schools representing diverse art media," said Donner. "The Orinda Arts Council exhibition is especially vital because it provides an important public opportunity to recognize and reward the many serious and talented art students in our area. It is always wonderful to see strong

figurative work and large scale projects in two-dimensional work, and a love of the media's plasticity in three dimensional projects."

Erica Amundson, who teaches 2D and 3D art at Campolindo and Las Lomas High Schools, has been impressed by the high degree of organization in the show during the years that her students have participated, commenting on the worthwhile experience.

"It's not just that they got into an art show - it's that they got into a good show," said Amundson, who is personally doing a lot of drawing these days. "I'm in the throws of a big project - there's some sculpture but mostly drawing. I'm loving the whole new drawing movement right now."

Miramonte 3D teacher Gavin Kermode has attended the OAC Visual Arts Competition for several years. "It's nice for the students to actually see their work on display in a nice show like this one. It's one of the few shows that happens every year, so you can count on it," said Kermode, who has taught art at Miramonte for five years. "The support from the community, the parents and the students - I really couldn't ask for a better situation."

The artwork will be on display at the Orinda Library Gallery through April 30. Gallery hours of operation are Monday through Thursday 10 a.m. to 8 p.m., Friday and Saturday 10 a.m. to 6 p.m. and Sunday 1 p.m. to 5 p.m.

#### And the Winners Are...

- 2D - Painting, Drawing, Printmaking, Mixed Media**  
 1st Place - Brianna Roberts, "Guilty", Bentley Senior  
 2nd Place - Jessie Guilford, "Untitled", Bentley Sophomore  
 3rd Place - Evan Hynes, "Trees", Campolindo Senior  
 Honorable Mentions - Brian Van Horn - Miramonte, Lily Williams - Miramonte, Emmelin M. Crespi - Miramonte, Da Zahn - Miramonte, Soshia Young - Miramonte, Kathleen Sullivan - Bentley, Molly Fischer - Campolindo, James Darling - Miramonte, Jessica Leimone - Miramonte

- 3D - Ceramics, Sculpture, Jewelry, Construction**  
 1st Place - Michael Nohr, "Birth?", Miramonte Senior  
 2nd Place - Marisa Rowland, "Untitled", Miramonte Senior  
 3rd Place - Melissa Miyamoto-Mills, "Trastle", Miramonte Senior  
 Honorable Mentions - Deeqa Mohamed - Bentley, Alex Nielsen - Bentley, Emily Turrentine - Bentley, James Darling - Miramonte, Katie Kortright - Miramonte, Austens Thomposon - Miramonte, Isabel Zucker - Miramonte, Elizabeth Berger - Miramonte

- Photography - Manual and all Digital Arts**  
 1st Place - Andrew Moore, "The Artist's Life", Miramonte Senior  
 2nd Place - Erin Cherry, "Winter Fairytale", Miramonte Sophomore  
 3rd Place - Julia Wang, "Xianese", Bentley Junior  
 Honorable Mentions - Frankie George - Campolindo, Allyson L. Wright - Campolindo, Emma Harwayne - Holden, Moriah Hodges - Miramonte, Melissa Chenok - Miramonte, Jaymie Henson-Guerra - Miramonte, Olivia Moore - Miramonte, Alexander Perry - Bentley, Holland Taylor - Bentley, Keaton Kenel - Campolindo

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# 10th Annual Lafayette Juniors Kitchen Tour Features Variety

By Rosylyn Stenzel



Big windows deliver lots of natural light into the Smiths kitchen on Happy Valley Road Photo Andy Scheck

Six Lafayette kitchens presenting the latest in design and style will be open for touring on Saturday, May 16th from 10:00 a.m. to 3:00 p.m. The 10th Annual Lafayette Juniors Kitchen Tour offers an interesting variety ranging from kitchens inspired by a historical perspective to the Diablo Valley's first LEED-certified green home.

It's easy to be intrigued by the history of Mike and Stacy's Happy Valley home. Built in 1941 it was once the home and working office of a Lafayette doctor. A separate entrance off the porch as well as a door that locked from the hallway piqued their curiosity as to the history of the small room. After contacting the previous owners, they soon discov-

ered it was formally a waiting room for patients. This feature along with many other historical characteristics inspired them to keep to the integrity of the Ranch-style home when planning the remodel.

The Smiths met with several designers, before deciding to design it themselves. Their inspiration came from the original white Carrara Marble fireplace with original mantel in the living room. They carried the same theme into the kitchen using white Calcutta Marble for the countertops along with antiqued custom made cabinets. When the Smiths designed their kitchen, they had two must haves in mind; lots of natural light and an island where the family of four could be comfortably seated.

The Smiths added several family-friendly components to the kitchen. A kid-sized refrigerator right under the countertop is perfect for little hands to grab a juice box. There is also a pull-out microwave

drawer under the countertop for easy access. And no slamming the drawers in this kitchen, thanks to the slow close drawers that don't make a sound. Lastly, their island with dark wooden cabinets is the perfect spot for doing homework.

Another not to be missed is one of Lafayette's historic homes built in 1929. Affectionately named The Cottage by homeowner Jim Peacock, it was once a summer home for a San Francisco family. As the contractor Peacock remodeled and added a second floor and has passionately worked to keep with the décor of the 1930s.

Peacock's kitchen is a working kitchen. When asked what he likes best about it, he answers, "Using it!" The unique galley kitchen boasts two sinks, marble countertop, Maple countertop for making pasta and an old butcher block from a meat shop where he worked as a teenager. He loves to cook and entertain having trained at several world-renowned cooking schools including Le Cordon Bleu.

In addition, Peacock's an avid collector with items from all over the world. Upstairs an antiqued door from France opens up to a temperature-controlled wine room stocked with over 600 bottles of wine. Here the walls are lined with planks of redwood flipped over and reused from the old siding of the home. Next to it is a library with a collection of over 1000 cookbooks. Also displayed throughout is his copper collection of over 200 usable pieces. Furthermore, most everything is recycled including all doors, windows, upstairs flooring and light fixtures.

Also featured on the tour are four other spectacular kitchens, including the first home in the Diablo Valley to attain LEED certification for sustainable design and construction. The LEED rating is the benchmark for promoting high-performance green buildings.

Proceeds will benefit Youth Homes Inc.; a non-profit organization that provides high-quality residential and outpatient counseling treatment for 1,000 abused and neglected youth in Contra Costa County.

**10th Annual Lafayette Juniors Kitchen Tour, Saturday, May 16th from 10:00 a.m. to 3:00 p.m.**

Tickets are \$35 and may be purchased at Douglass Designs and Premier Kitchens, both in Lafayette. Visit [www.lafayettejuniors.org](http://www.lafayettejuniors.org) or call 925.283.6722 for more information.

**Download "Your" story from [www.lamorinda.com](http://www.lamorinda.com)**

Food writer Susie Iventosch was intrigued when we told her about Jim Peacock and his kitchen – read more about him and glean a recipe on page 20



Jim Peacock's cook book collection



The Peacock kitchen at La Fiesta Square

Photos Andy Scheck

## Playing Fair

The "extras" in home construction and who should pay for them

By William Marquand, AIA

(Part two of a three part series)

In tough times there are some good reasons to take on remodeling or building projects. Prices are very competitive, especially for materials.

But there are also dangers. Many projects cost more than anticipated. Will your credit cover it? Setting aside some extra funds is common sense. But more important is controlling costs to begin with, and knowing what is a justified "extra" and what is not.

Form realistic expectations at the outset. Forge a detailed agreement with your contractor that anticipates needed cost increases, but wards off needless ones. Finally, make sure you get in writing what any "extras" are, and what their "install costs" are.

Today's segment delivers the bad news first: What would be a "justified" extra that the owner, not the contractor, should pay for.

Let's say you want an item that you did not include at the outset. You may never be able to have it installed for a reasonable price again. First, get a realist estimate for materials and installation, and keep a running total, however sketchy, on ALL your changes. Partial "totals" are dangerous. Track your bottom line.

Such an extra could be anything from a window, to an appli-

ance over your allowance or an added paint color. Be responsible, and don't kid yourself into thinking that you can toss in extras that you won't have to pay for in the end. It is not fair to think "I'm giving this contractor lots of work; it hardly costs him anything to include it."

Your project is a business arrangement. If the estimate is acceptable, tell your contractor to proceed. Or try horse trading, or talking him down on price. Don't proceed without an explicit agreement.

You are responsible for unforeseeable cost increases. Suppose the building department decides that they require slightly different construction. Maybe the soil is different than anticipated. This is something the owner has to allow for. If 1) it is necessary, 2) it is not part of normal construction and 3) it was not in the drawings, then it's your project, you have to pay.

That is why developers need deep pockets. When taking on a building project the owners should see themselves in a small way as a developer. Risk and a few gray hairs come with the territory.

Was the added cost really unforeseeable? If it is expensive, you

may want to get a second opinion. A talented but shady contractor is a bad contractor to have on the job site – so is one who, rightly, feels cheated.

If this seems like cold comfort for your high hopes for building, the good news is that sometimes an owner has no place paying for a change. Surprisingly, that can be the hardest thing for an owner to insist upon. Contractors can be very enjoyable to work with, and sometimes it's tough taking a stand on that to which you have a right, under your agreement.

That's when personality gets too big. Remember, the project is always best when it is the most professional. You can't be a wallflower and, inside, be content with the result. Make sure you pay for what you get, but also that get what you pay for. My next column will describe what extras should not be at your expense.

Reach William Marquand by email: [925architect@gmail.com](mailto:925architect@gmail.com). Bill is an architect and 2008 Chairman of the City of Lafayette Design Review Commission.

For Part one go online to issue #1, March 18th, 2009 [www.lamorindaweekly.com/archive/issue0301/Playing-Fair-The-extras-in-home-construction-and-who-should-pay-for-them.html](http://www.lamorindaweekly.com/archive/issue0301/Playing-Fair-The-extras-in-home-construction-and-who-should-pay-for-them.html)



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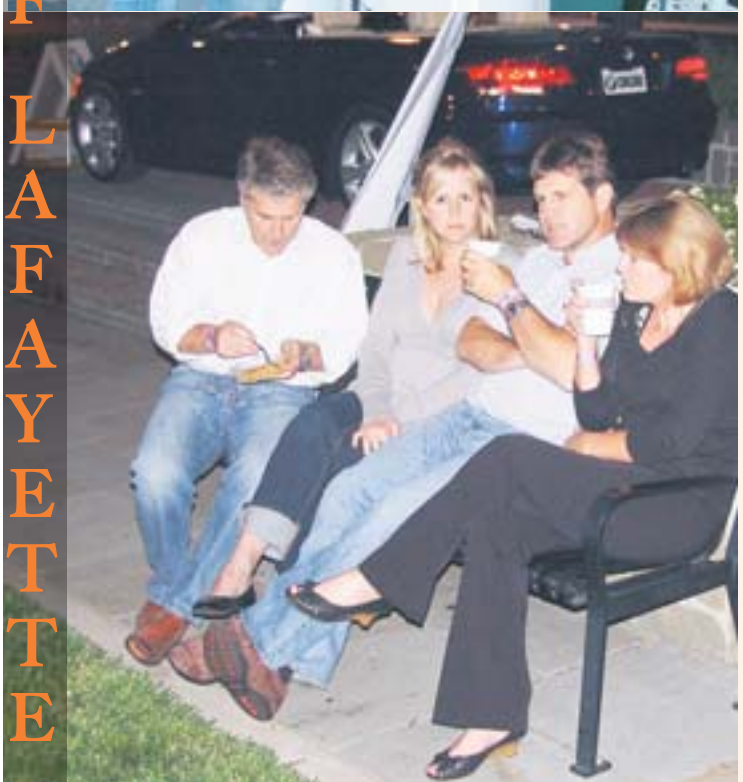
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TASTE OF LAFAYETTE



### Mostly May Madness in Lafayette By Cathy Tyson

**April 19 – Lamorinda Earth Day Festival** – a celebration of local solutions & music, workshops, food, bike rodeo, and electronic recycling sponsored by Sustainable Lafayette, the City of Lafayette and the Lafayette Chamber of Commerce. 11:00 a.m. - 4:00 p.m. at Stanley Middle School 3455 School Street, visit [www.sustainablelafayette.net](http://www.sustainablelafayette.net) for more information. Read the full story online in our April 1st issue: [www.lamorindaweekly.com/archive.html](http://www.lamorindaweekly.com/archive.html)

**May 1 - Rossmoor Big Band Dance 7:00 p.m. – 10:00 p.m. at the Rheem Theater.** Move over “Monsters vs. Aliens” and “Fast and Furious” for classic swinging melodies of the 1930’s and 1940’s. This very popular event sold out in the past and space is limited. Dancers and non-dancers welcome. Tickets available at the Lafayette Chamber of Commerce, 100 Lafayette Circle #103, and at the Rheem Theater in Moraga. For more information call the Lafayette Chamber at (925) 284-7404 or go to [www.lafayettechamber.org](http://www.lafayettechamber.org).

**May 14 - Annual Garden Club Plant Sale – 10:30 a.m. –** Our Saviors Lutheran Church, 1035 Carol Lane, Lafayette. Just down the street from the car wash.

**May 16 – The 16th Annual Concert at the Reservoir, from 1:00 p.m. to 4:00 p.m.** A free musical extravaganza featuring the Stanley Symphonic Band, the Acalanes Wind Ensemble, the Bentley School Jazz Combo and the Rossmoor

Big Band at the Lafayette Reservoir. Food and drinks available for purchase or bring your own picnic. Sponsored by Lafayette Rotary. This event raises funds to support local music programs. Raffle tickets are available at the Lafayette Chamber of Commerce Office or at the event. Enjoy our local Jazz Bands under the old oak trees at the Reservoir. Free shuttle from and to the main parking lot!

**May 19 – Taste of Lafayette.** For one night only, check out some of Lafayette’s finest eateries and sample their signature dishes, from 5:30 p.m. – 9:00 p.m. Tour begins at Brown Plaza on the corner of Moraga Road and Mt. Diablo Blvd., where participants can have a glass of wine, courtesy of Wine Thieves, listen to music by Red House Studios and enjoy appetizers. From there ticket holders can go at their own pace to participating restaurants like Chevalier, Pizza Antica, The Duck Club, Postino, Yankee Pier and many more too numerous to name. A shuttle bus will be running up and down the Boulevard to expedite noshing. Come hungry. Tickets are available through the Chamber of Commerce, 100 Lafayette Circle, Suite 103, or via their website [www.lafayettechamber.com](http://www.lafayettechamber.com) for more information contact Jay Lifson, CEO, Lafayette Chamber at (925) 284-7404.

**May 25 – Crosses of Lafayette Memorial Day Vigil,** across from Lafayette BART station 7:15, honoring those who have lost their lives in Iraq.



**Four Bands playing:**  
 Stanley Symphonic Band  
 Acalanes Wind Ensemble  
 Bentley School Jazz Combo  
 Rossmoor Big Band



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 Rheem Theatre, 350 Park Street Moraga

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### Spring Fun in Moraga By So

**The 3rd annual Treeline Triathlon will be held on April 25.** Last year saw a very successful event and this year again sportsmen and women of all ages will compete in a combination of a 400 meter swim, 22k bike ride and 5k run. The swim will start at 7 a.m. at the Soda Aquatic Center. The bike route will then take the athletes down Moraga Road to Canyon Road, right on Pinehurst to the Canyon School turnaround and then back into Town. The last part is the run that takes participants racing thru the Campolindo neighborhood ending in Campo stadium. Athletes are warned to save some energy, because the last leg is a victory lap around the track, ending in front of the Grandstand. Last year 115 women participated, as well as 116 men and 15 relay teams (we here at your friendly neighborhood newspaper have opted to observe this year rather than participate.) As of April 9 there were 205 registered participants, comparable to this time last year according to Parks and Rec Director Jay Ingram. 100 volunteers have signed up to help run a very smooth event; a few spots are still available; call Ingram at 888-7034 if you are interested in helping out. The Town of Moraga, Village Associates Real Estate and the other sponsors will host a post-race awards ceremony and celebration with food and music. Awards will be presented to the top finishers in each category. Registration ends on April 20, online registration is available at [www.moragatri.com](http://www.moragatri.com).



4th Annual  
**Lamorinda Earth Day Festival!**  
 Sunday, April 19th from 11-4pm  
 Stanley Middle School, 3455 School Street, Lafayette

*Celebrating “Going Local”*

*eat local ~ shop local ~ move local ~ power local ~ act local*



- ❖ Visit over 50 organizations and vendors
- ❖ Listen to inspiring speakers, including Dr. Ellis Jones
- ❖ Enjoy live music by local musicians
- ❖ Learn bicycle safety skills at a “bicycle rodeo” for kids
- ❖ Watch short environmental videos
- ❖ Taste local foods
- ❖ Contribute to a collaborative art piece
- ❖ Browse green books
- ❖ Drop off old electronics – free recycling
- ❖ Purchase heirloom tomato and other garden starters
- ❖ Kids activities

More information at [www.sustainablelafayette.net/events/earthday/](http://www.sustainablelafayette.net/events/earthday/)

Organized by City of Lafayette, Sustainable Lafayette, Sustainable Moraga, Lafayette Chamber of Commerce



#### Moraga Beautiful Days – starting May 2

Come help make your town beautiful and help spruce up Rancho Laguna Park for the summer. The day starts at 9:00 a.m. on Saturday at the park. Tasks for all levels of ages and abilities will be available. Wear old clothes, and bring gloves. From May 4th -8th curbside re-use and large garbage pick-up will be provided by Allied Waste Services for homeowner clean-up days.

#### 1st Annual Cinco de Mayo Festival

The Hacienda Foundation and the Town of Moraga Parks & Recreation Department will offer an afternoon of celebration and fun on Tuesday May 5, from 4:30 p.m. to 7:30 p.m. The celebration of the Mexican victory of May 5





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## Orinda in Springtime

By Sophie Braccini

### In April, it's Orinda in Action!

The City of Orinda invites all to participate in Orinda in Action Community Service Day on Saturday, April 18 from 9 am to 1 pm. As a Keep California Beautiful Proud Community, Orinda encourages citizens to lend a hand to beautify our community and accept the challenge to clean up our city. Some projects include flower planting, creek restoration, litter pick-up, park enhancements, etc. Check in at Theatre Square between 8:30-9:00 am. Free tee shirts will be given to first 200 volunteers. Also take advantage of opportunity to donate clothing and household goods to Goodwill and food to the Contra Costa Food Bank. Drop off at 25 Orinda Way, Vintage Building parking lot across from Community Center. Contact OrindaInAction@gmail.com for more information or to sign up as volunteer.

### Restore the Creeks

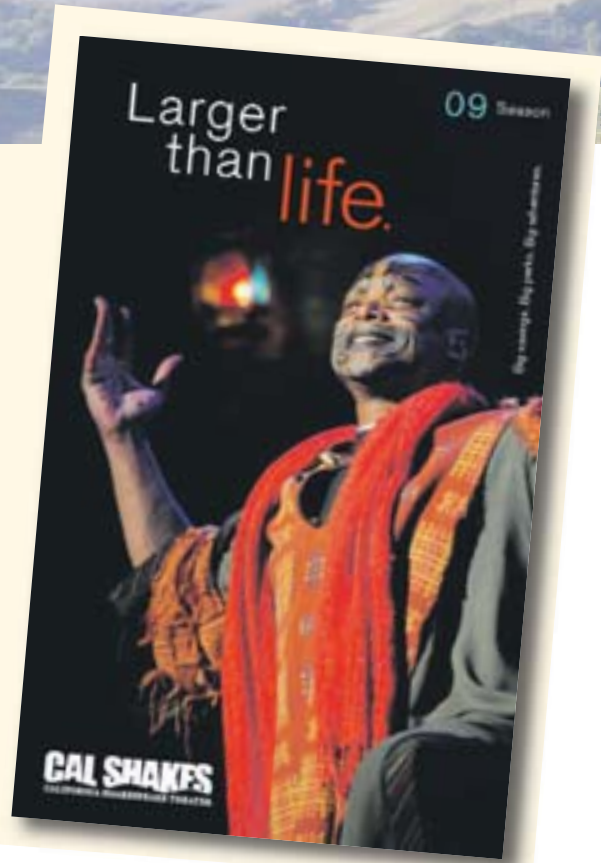
On Saturday, April 18, 2009 from 10 am to 1 pm, community members, parents, and students are invited to Del Rey Elementary School in Orinda to participate in a hands-on restoration project on a section of Moraga Creek, bordering the school. Led by a team of biologists, volunteers and students will remove non-native species and trash, plant native willows on the creek banks and get a chance to learn about the creek ecosystem. This community project is sponsored and facilitated by Friends of Orinda Creeks and The Restoration Trust. This Earth Day event is a continuation of a restoration project on Moraga Creek, which the students of Del Rey Elementary began earlier this year. Refreshments will be served to volunteers who are asked to bring boots, gloves and hand-weeders for themselves. The event is supported by the Orinda Union School District, the City of Orinda and the Bodfish Fund.

### In May:

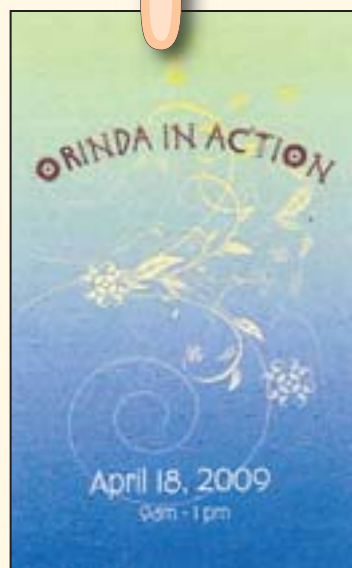
**The Orinda Arts Council will open a new show in the Library Gallery.** After a very successful exhibition in April of the high school art competition sponsored by the Arts Council, the group is presenting a new exhibition with nationally known water colorist Anne Fallin. The Walnut Creek resident is coming back to the Orinda library exhibition with 50 pieces, both water colors and pastels. "I hope my work is a reflection of the enthusiasm I have for what I see," says Fallin, "allowing it to be simultaneously unique and universally understood." Fallin used to be a nurse; she painted all her life and has been devoting her life entirely to painting since the 80's. She is widely recognized and her work can be found all over the country. While Fallin will be displayed on the walls, the Mt Diablo Wood workers and enamellist Kim Vanderheiden will be displayed in the cases. Vanderheiden is a San Leandro artist whose work can be seen at [www.kimvanderheiden.com/Mixedmedia/fly/fly.html](http://www.kimvanderheiden.com/Mixedmedia/fly/fly.html). Vanderheiden's inspiration comes from stories and poetry. She is both a fine artist and an applied artist with Painted Tongue Press where her work blends words and images.

### Orinda Salutes Cal Shakes - May 28.

For the third year, on Thursday May 28 the City of Orinda, the Orinda Chamber of Commerce and Theater Square will recognize and promote the California Shakespeare Theater (Cal Shakes) that has been performing in the city's outdoor theater for years. The free event for all ages will be held in the Theater Square, starting at 5:30 p.m. Musical entertainment is offered by Bob Athayde & Surefire. OIS students will entertain the crowd as well. Local food and drinks will be offered to the public and prizes will be raffled.



Free Concert at the Reservoir



## Classic Car Show

at the 2009 Moraga Community Faire  
**May 9, 2009 11 - 4 pm** Rheem Valley Shopping Center

Showcase your classic or antique car to several thousand Lamorinda residents  
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### Sophie Braccini

1862 against Napoleon III is an opportunity in Moraga for entertainment and amusement for the whole family. There will be music, tortilla making, piñatas and activities for kids managed by the Moraga Youth Involvement Committee and adult volunteers. The Mariachi band that will be performing plays at La Cabana Restaurant in Concord every week. Food will be served at nominal cost for the event to be affordable for families. Quesadillas, Nachos, Margaritas, beer, and soft drinks will be available for purchase. The Hacienda Foundation board members & friends are staffing & providing the food and beverage. "With this event, the Hacienda Foundation wants to promote the community awareness and use of the Hacienda buildings," says Judy Dinkle, President of the Foundation. The Foundation hopes to make Cinco de Mayo celebration a new tradition in Moraga.

### 3rd annual Moraga Community Faire on May 9



This third edition of the Faire at Rheem is centered on entertainment for all ages with many new events. From 11 a.m. to 4 p.m. the Moraga Chamber of Commerce has arranged for performances by local music groups, including Little Dog 2 and the Jazz Bands from both Campolindo High School and Joaquin Moraga Intermediate School; opportunities to buy arts, crafts and jewelry from a wide variety of artists; and a chance to sample food from local restaurants and wine from five or six area vintners. For the very first time the Moraga Juniors will sponsor a sidewalk chalk art contest. Up to 100 individuals or teams of individuals ages 3-18 may enter. Registration will begin at 11 a.m. the day of the event. A \$1 participation fee covers the cost of the chalk. The theme is "Beautiful Moraga," and prizes will be awarded to winners in each age group: 3-5, 5-8, 9-12 & 13-18. Another Moraga first, a car show, will highlight classic cars owned by Lamorinda residents and give attendees a chance to see types of cars that aren't often seen on the streets and talk to the owners who have carefully restored them. In addition, there will be a climbing wall for the adventurous of all ages, as well as a bounce house and other children's activities. As always, many local retail and businesspeople will be on hand to showcase the wealth of resources in Moraga and will be joined by local nonprofit organizations. The event is supported by the Town of Moraga.



Moraga Beautiful Day



Moraga Community Faire

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## Big Band Ball Room Dance (again!)



Listen, watch and dance to the sound of The Ross Moor Big Band

Friday, May 1st, at the Art Deco Rheem Theatre in Moraga.  
Doors open at 7:00 pm and the dance runs from 7:30pm through 10:00pm.

Tickets \$10 per person

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Lafayette's Jim Peacock Shares His Story and His Kitchen!

By Susie Iventosch



Jim Peacock in his kitchen

Photo Susie Iventosch

Lafayette resident Jim Peacock is one of six homeowners who will open their kitchens to the public on Saturday May 16 as part of the 10th Annual Lafayette Juniors Kitchen Tour. Peacock is a not only a contractor who designed and remodeled his own 1929-era kitchen, but he is an avid cook, who has travelled across the ocean to partake in cooking classes in Italy and France. "About three years ago I went to Italy and attended the Apicius Cooking School in Florence for 10 days," Peacock said. "I could have stayed forever!" Peacock first began cooking at the ripe old age of five. He made his first complete meal when he was 8 years old and never looked back! He says it was his mom who gave him the love of cooking and he al-

ways enjoyed being in the kitchen with her. "As a teenager I use to bake all the time but would never have let my friends know," he confessed. "Boys didn't cook much in those days. When I was 14, I started canning and have done this every year since." Sometime in the 1980s, Peacock decided to expand his knowledge of cooking and enrolled in Chocolatier Dessert School, taught by Flo Braker. "I was the only male in the whole class!" he remembered. This sparked a series of cooking vacations, including a one-week intensive course at Le Cordon Bleu in Paris. "That really got me going. I came home and started going to cooking schools and would work as

an assistant at several of them, because it was free and hands on." Peacock loves to entertain friends for dinner parties, and hosted and cooked for his mom's 80th birthday garden party. "I have done a wedding for 90, a birthday party for 150, a seven-course Italian summer dinner for 35, and on and on," he said. "I love to plan the menu." As the proud owner of 1,200 cookbooks, Peacock has plenty of recipes to choose from for his menu planning. He says he uses all of them and created a special library for the sole purpose of storing these books. Actually, there are so many cookbooks, that they spill over into almost every nook and cranny of his house! The cookbook collection "dwarfs" his 600-bottle wine collection, but both are impressive and the wine cellar has the additional claim of being temperature-controlled! Perhaps one of his most interesting collections is his 200-piece copper collection. "When you come to my home you will see over 200 pieces of copper on display and every cooking gadget known to man," he remarked. Peacock was excited about sharing this Tuscan Meat Soup recipe he learned at the Apicius Cooking School in Florence. "It's made by feel," he says. "The Italians are not big on giving you the exact cooking times. Make sure you use a good cut of veal and pork otherwise they can be tough." His trick for tenderizing the veal and pork is to marinate them in a little lemon juice for several hours before cooking. It usually takes about 30-45 minutes to make this dish.

Tuscan Meat Soup Ingredients

- ½ chicken
- ½ rabbit\*
- 1 squab (pigeon)\*
- 3/4 lb. pork
- 3/4 lb. veal
- 3 carrots chopped
- 1 large onion chopped
- 3 celery stalks chopped
- 28-ounce can chopped tomatoes (without onions and spices)
- ¼-1/3 cup good olive oil
- 1 cup red wine
- Chicken stock (1-2 cups, depending upon desired thickness)
- 1 tsp. hot chili pepper flakes
- Salt to taste
- Toasted French bread

These recipe is available on our web site. Go to: www.lamorinda weekly.com Susie can be reached at suziven@gmail.com

Jim Peacock's kitchen will be featured in the 10th Annual Lafayette Kitchen Tour on Saturday, May 16th. See story on page 17



Directions

Sauté the chopped vegetables in olive oil in a large saucepan. As they become soft, add all the meat which has been cut into smaller pieces and braise, first on low heat with pan covered. After a few minutes remove cover and cook a little longer. Pour in wine and let it almost cook off. Add the canned tomatoes and salt. Finish cooking adding the stock as needed. Slice the bread and toast. Rub slices with garlic. Place all of the soup in a large bowl or soup tureen (family style) and place the bread all around the sides of the bowl and into the soup. Drizzle extra virgin olive over the soup as it is placed on the table. \*You can delete the rabbit and squab. Just add additional chicken, pork and veal.

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**LAMORINDA's Restaurants**

... updated April 15, 2009 ...

<b>American</b>	Bistro, 3287 Mt. Diablo Blvd, Laf, 283-7108	Postino, 3565 Mt. Diablo Blvd, Laf, 299-8700
	Chow Restaurant, 53 Lafayette Cir, Laf, 962-2469	Ristorante Amorora, 360 Park St, Mor, 377-7662
	Quinzos, 3651 Mt. Diablo Blvd, Laf, 962-0200	<b>Japanese</b>
	Ranch House, 1012 School St, Mor, 376-5127	Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor, 376-0809
	Terzetto Cuisine, 1419 Moraga Way, Mor, 376-3832	Blue Ginko, 3518-A Mt. Diablo Blvd, Laf, 962-9020
	The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf, 283-1234	Kane Sushi, 3474 Mt. Diablo Blvd, Laf, 284-9709
	<b>BBQ</b>	Niwa Restaurant, 1 Camino Sobrante # 6, Ori, 254-1606
	Bo's Barbecue, 3422 Mt. Diablo Blvd, Laf, 283-7133	Serika Restaurant, 2 Theatre Sq # 118, Ori, 254-7088
	<b>Burger Joint</b>	Yu Sushi, 19 Moraga Way, Ori, 253-8399
	Flippers, 960 Moraga Rd, Laf, 284-1567	<b>Mediterranean</b>
	Nation's Giant Hamburgers, 400 Park, Mor, 376-8888	Petra Cafe, 2 Theatre Sq # 105, Ori, 254-5290
	Nation's Giant Hamburgers, 76 Moraga Way, Ori, 254-8888	Oasis Cafe, 3594 Mt. Diablo Blvd, Laf, 299-8822
	<b>Cafe</b>	Turquoise Mediterranean Grill, 70 Moraga Way, Ori, 253-2004
	Express Cafe, 3732 Mt. Diablo Blvd # 179, Laf, 299-1372	<b>Mexican</b>
	Ferrari-Lucca Delicatessens, 23 Lafayette Cir, Laf, 299-8040	360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf, 299-1270
	Geppetto's cafe, 87 Orinda Way, Ori, 253-9894	El Charo Mexican Dining, 3339 Mt. Diablo Blvd, Laf, 283-2453
	Rising Loafer, 3643 Mt. Diablo Blvd Ste B, Laf, 284-8816	El Jaro Mexican Cafe, 3563 Mt. Diablo Blvd, Laf, 283-6639
	Susan Food Catering & Cafe, 965 Mt. View Dr., Laf, 299-2469	La Cocina Mexicana, 23 Orinda Way, Ori, 376-9987
	<b>California Cuisine</b>	Mucho wraps, 1375-B Moraga Way, Mor, 377-1203
	Metro Lafayette, 3524 Mt. Diablo Blvd, Laf, 284-4422	Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf, 283-8740
	Shelby's, 2 Theatre Sq, Ori, 254-9687	Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf, 283-8288
	<b>Chinese</b>	El Balazo, 3518 Mt. Diablo Blvd, Laf, 284-8700
	Asia Palace Restaurant, 1460 B Moraga Rd, Mor, 376-0809	Maya Mexican Grill, 74 Moraga Way, Ori, 258-9049
	Chef Chao Restaurant, 343 Rheem Blvd, Mor, 376-1740	Número Uno Taqueria, 3616 Mt. Diablo Blvd, Laf, 299-1333
	China Moon Restaurant, 380 Park St, Mor, 376-1828	<b>Pizza</b>
	The Great Wall Restaurant, 3500 Golden Gate Way, Laf, 284-3500	Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf, 283-6363
	Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori, 253-9852	Mountain Mike's Pizza, 504 Center St, Mor, 377-6453
	Lily's House, 3555 Mt. Diablo Blvd #A, Laf, 284-7569	Pennini's, 1375 Moraga Rd, Mor, 376-1515
	Mandarin Flower, 581 Moraga Rd, Mor, 376-7839	Round Table Pizza, 361 Rheem Blvd, Mor, 376-1411
	Panda Express, 3608 Mt. Diablo Blvd, Laf, 962-0288	Round Table Pizza, 3637 Mt. Diablo Blvd, Laf, 283-0404
	Szechwan Chinese Restaurant, 79 Orinda Way, Ori, 254-2020	Village Pizza, 19 Orinda Way # Ab, Ori, 254-1200
	Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf, 283-1688	Zamboni's Pizza, 1 Camino Sobrante # 4, Ori, 254-2800
	Yan's Restaurant, 3444 Mt. Diablo Blvd, Laf, 284-2228	<b>Sandwiches/Deli</b>
	<b>Coffee Shop</b>	Bianca's Deli, 1480 Moraga Rd # A, Mor, 376-4400
	Millie's Kitchen, 1018 Oak Hill Rd #A, Laf, 283-2397	Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori, 254-7202
	Squirrel's Coffee Shop, 998 Moraga Rd, Laf, 284-3081	Kasper's Hot Dogs, 103 Moraga Way, Ori, 253-0766
	Village Inn Cafe, 204 Village Square, Ori, 254-6080	Noah's Bagels, 3518 Mt. Diablo Blvd, Laf, 299-0716
	<b>Continental</b>	Orinda Deli, 19 F Orinda Way, Ori, 254-1990
	Petar's Restaurant, 32 Lafayette Cir, Laf, 284-7117	Subway, 396 Park St., Mor, 376-2959
	Vino Restaurant, 3531 Plaza Way, Laf, 284-1330	Subway, 3322 Mt. Diablo Blvd #B, Laf, 284-2627
	Druck Club Restaurant, 3287 Mt. Diablo Blvd, Laf, 283-7108	Subway, Theatre Square, Ori, 258-0470
	<b>French</b>	<b>Seafood</b>
	Chevalier Restaurant, 960 Moraga Road, Laf, 385-0793	Yankee Pier, 3593 Mt. Diablo Blvd, Laf, 283-4100
	<b>Hawaiian Grill</b>	<b>Singaporean/Malaysian</b>
	Lava Pit, 2 Theatre Square, St. 142, Ori, 253-1338	Koptiam, 3647 Mt. Diablo Blvd, Laf, 299-1653
	<b>Indian</b>	<b>Steak</b>
	Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf, 962-9575	Casa Orinda, 20 Bryant Way, Ori, 254-2981
	<b>Italian</b>	<b>Tea</b>
	Giardino, 3406 Mt. Diablo Blvd, Laf, 283-3869	Patisserie Lafayette, 71 Lafayette Cir, Laf, 283-2226
	Knox Restaurant, Lounge, 3576 Mt. Diablo Blvd, Laf, 284-5225	Tea Party by Appointment, 107 Orinda Way, Ori, 254-2206
	La Finestra Ristorante, 100 Lafayette Cir, #101, Laf, 284-5282	<b>Thai</b>
	La Piazza, 15 Moraga Way, Ori, 253-9191	Amarin Thai Cuisine, 3555 Mt. Diablo Blvd #B, Laf, 283-8883
	Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf, 284-3081	Baan Thai, 99 Orinda Way, Ori, 253-0989
	Michael's, 1375 Moraga Way, Mor, 376-4300	Royal Siam, 512 Center Street, Mor, 377-0420
	Mondello's, 337 Rheem Blvd, Mor, 376-2533	Siam Orchid, 23 Orinda Way # F, Ori, 253-1975
	Pizza Antica, 3600 Mt. Diablo Blvd, Laf, 299-0500	<b>Vietnamese</b>
		Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor, 376-7600

download our Restaurant Guide from our web site at www.lamorindaweekly.com

The Lamorinda Weekly (LW) Restaurant Guide is not paid advertising; our intent is to provide a useful reference guide. We hope that we have included all Lamorinda restaurants on this page, except those that told us they did not wish to be listed. LW is not liable for errors or omissions. In the event that we have inadvertently printed misinformation or excluded a restaurant please let us know (info@lamorindaweekly.com) so that we may correct our list for the next issue.

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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### MBA Box Scores for March 27-April 11, 2009

Submitted by Donald DePaolo

Moraga Baseball Association  
Pony Division

April 4, 2009

Martinez Mad Dogs 12, Moraga A's 2  
A's Highlights: Ryan Smith 1-2, 1 RS; Jason Hofmann 1-2, 1 RS; Nathaniel Armen 1-2, 1 RBI; Bradley Rochlin 3 IP, 5 K's.

Mad Dog Highlights: Danny R 3-4, 4 RBI's, 1 3B; Danny E 3-4, 3 RS; Devin 2-3, 3 RS

April 5, 2009

San Pablo Yankees 4, Moraga Tigers 3  
Tigers Highlights: Matthew Barry 4 IP, 5 K, 1 H; Tyler Tekata 1 H, RBI; Hunter Drobenaire 1 RBI

Rodeo Buccaneers 6, Moraga A's 10  
Buccaneer Highlights: Romell 2 IP, 3 K, 0 BB; Sean 3-4, 1 2B, 2 RS; Alfonso 3-3, 2B, 2 SB; Garrett 1-2, RS  
A's Highlights: Spencer Nichols CG pitched, 16 K, 0 BB; Tommy Pride 1-1, RS; Jack Price 2-4, 2 RBI, RS; Will Moran 1-2, RS

Moraga Baseball Association  
Bronco Division  
March 27, 2009

Moraga Bears 14, Moraga Giants 3  
Bears highlights: Russell Bruck 4-5, 4RS; Perry Walker, 3-4, 3 RS; Alex Gannett, 4IP, 3R, 6Ks; Sam Larson, 2-4, 2 2b. Giants highlights: Patrick Duryea, 3-3, 1RS; Josh Sherman, 1-4; Sam Phillips, 1-4, RS.

April 5, 2009

Moraga Nationals 9, Orinda Spartans 2  
Nationals Highlights: Marty Cunnane, 3-4, RBI, 2 R, 2 SB; Brian Lyle 1-3, RBI, R, BB, 3 SB, 2 1/3 IP, 2 H, 2 R, 3 K; Tanner Hinds 1-4, RBI, R, SB; Jacob Molloy 1-4, 1 RBI, R, SB; Matthew Tuan, 4 IP, 2 H, 0 R, 3K, 0 BB.

April 11, 2009

Orinda Spartans 9, Moraga Mariners 2  
Spartan Highlights: Jarret Perches 3-3, RS, 2 2B, 3 RBI; Will McConnell 1-2, 2B, RBI; Sam Miles RBI; Zach Wong 1-2, 2 RS.

Mariners Highlights: Sean Pappa 1-2, 2B, 3 IP 3K; Ramin Nazeri 1-2, RBI; Griffin Whiting RBI; DP: Parker Duncan to Damien Stoner.

Orinda Bombers 5, Moraga Nationals 5 (Tie game)

Nationals Highlights: Andrew Willmore, 2 R, 2 BB, 2 SB, 3 IP, 1 H, 0 R, 2 K; Matthew Tuan, 1-2, 2 R, 3 BB, 3 SB, 3 IP, 1 H, 1 R, 3 K; Michael Wright, 1-2, 2 BB, 3 SB; Tanner Hinds, 1 R, 3 BB, 2 SB.

Moraga Rays 8, Tara Hills 5

Rays Highlights: Jack Stephens 3IP, 4 hits, 1ER; Jake Rider W, 3IP, 5 hits, 4ER, 4K's; Patrick Ratchford 3-3, 2 RS, 1 RBI, 2B; Scott Chen 1-3, IRS, 1 RBI; Neil Kelley 1 for 3, 1 RS, 1 RBI; Chase Corallo 0-1, 2 RS, 2 BB's.

Moraga Baseball Association  
Mustang Division  
April 11, 2009

Moraga Orioles 14, Moraga Yankees 5  
Orioles Highlights: Quinn Lyon 2 IP, 4 K's, 0 ER, 2 H, 0 BB, 2-3, 2RS; Jason West 1-1, 2 RBI, 2 RS, 2 BB, 3 SB; Nick Erickson 3-3, 2 2B, 2 RBI, 3 RS; Harry Curtis 2 IP, 2 K's, 0 ER, 0-1, 1 BB, 1 RS. Yankees Highlights: Trevin Kroichick 2-3, 2 RBI, RS; Parker Windatt 1-1, BB, RS, RBI; Michael Hooper, 1 IP, 2 K's, 0 ER, 1-2, RBI, 2 SB, 2 RS; Calvin Gee 2 IP, 3 ER, 3 K's, 1-3, 2 SB

Moraga Baseball Association  
Pinto Division  
April 11, 2009

Moraga Giant's 9, Moraga A's 4  
Giants Highlights: Michael Crews 3-3,RS, 2RBI; Zoe Crouch 1-3,RS, Unassisted DP; Sam Ouzounian 2-3, 2RS, RBI A's Highlights: Bryson Lothamer 2-2; Beck Chambers 2-2, RS; Adrian Hyatt 2-2, Bryan Kikugawa 2-2, 2RS

Moraga Phillies 17, Moraga Cubs 6  
Phillies highlights: Joe Arth 3-3, 2 BBI, 3 runs; Jake Chan 4-4, 2RBI, 2 runs; Stephen Chilimidos 3-4, 2 runs; Billy Woolsey 2-3, RBI, 2 runs. Cub highlights: Grant Harper 2-3, RBI, RS; Will Bishop 2-3, RBI, RS; Keoni Vuong 1-3, RBI, RS; Ryan Fritch 2-2, RS; CJ Rago 2-3, RS.

### Lafayette Little League Scores, April 6 – April 11

Submitted by Todd Bequette

Majors Division, April 6 – 11

Dodgers 5, Cardinals 2

Jack Eisner was 2 for 2 and slammed a double off the left field fence to power the Dodgers. Matt Bostwick and Greg Genovese chipped in with two hits a piece and Ethan Lindgren drove in two insurance runs in the sixth with a clutch single.

Yankees 4, A's 3

Pitching and defense was key for the Yankees in a tight game at Buckeye Field. Will Brueckner pitched out of a bases loaded jam in the third, and struck out six in two and a third innings of work. Johnny O'Malley got the save with a scoreless 6th, the A's hopes dying when Brueckner and Ben Miller combined on a sparkling 6-3 putout. For the A's, Jake Berry, Cameron Dummiere and Chris Hansen combined to strike out 8 Yankee hitters.

Giants 9, Cubs 6

With both teams missing key players, the teams combined for 18 hits. For the Cubs, Drew Ventrelle and Ryan Leamy each went 2 for 3 at the plate, while the Giants relied on a team effort and solid defense.

Cubs 15, Cardinals 7

The Cubs pounded out 18 hits, including 4 each from Tommy Henderson and Drew Ventrelle, 3 each from Will Price and Alexie Shurtz, and 2 from Leo Barakos. Will McCandless saved a run for the Cubs, throwing out a runner at the plate from left field, and Alexander Grace scored twice. The Cardinals rallied late, led by hits from Kyle Everly, Logan MacDonald, and Will McKay. Ben Lenz

pitched well in 2 innings of work and Trent Nemanic also collected a hit.

Yankees 12, Red Sox 1

The east coast rivalry went to the Yanks, as Johnny O'Malley, Ben Miller, Will Brueckner and Joey Hewitt all had multi-hit games. The Yankees pitchers combined for 12 strikeouts, limiting the Redsox to 2 hits, one each by Matt Jorgensen and Dylan Foster. Jorgensen also had a stellar day at shortstop for the Redlegs.

Giants 5, A's 0

Giants pitchers Jack Cassidy, Adam Remotto and Trevor Martinho dominated, allowing only 1 hit over 6 shut-out innings. In his Majors debut, having been called up from AAA, Sam Dinerman was 2 for 2 with a double and single. For the A's, Jake Berry went 1 for 2 and Cameron Dummiere starred on the mound.

Angels 13, Dodgers 4

The Angels jumped to an early lead and never looked back. Doug Nimura and Bryan Stone drove in 3 Angel runs to back the solid pitching of Nimura, Cole Galagher, Jack Stryker, Max Flower and Grant Young. Jack Eisner ripped an RBI triple for the Dodgers and Tyler Henderson and Alex Baldwin both scored two runs.

AAA Division, April 6 – 11

Cubs 13, Mets 5

The Cubbies outslugged the Mets in the first game at Chaney Field after Spring Break. For the Mets, Joey Moran and

Dimitri Katsanos combined for three scoreless innings on the mound and Evan Levy scored two runs. Recent AA call-up Sungwoo Jun contributed with the glove and scored a run.

Yankees 16, Marlins 1

Yankee hurlers Kevin McConnell, Colin Fogarty, Matty Vicencio and Nicky Henderson combined on a 1-hitter while facing just 2 over the minimum. Meanwhile, the pinstripers got two hits each from Vicencio, Henderson, McConnell, Fogarty and Justin Plummer. For the Marlins, Jack Lewerenz and Jonathan Barnes were the offensive stars.

Dodgers 8, Cubs 2

Dexter Varrelman, Tyler Ewing and Thomas Higgins chipped in RBI singles for the winners as the Dodgers won the first of a double-header. Jason Cornell, Ewing and D'Amante all pitched scoreless innings for the Dodgers. For the Cubs, Michael Bone starred defensively.

Dodgers 6, Angels 5

The Dodgers won their second game of the day, topping the Angels in a nail-biter. Thomas Higgins was 2 for 3 with a double, triple and 3 RBI while Jason Cornel added another scoreless inning on the mound.

Yankees 12, Cardinals 6

Yankee slugger Justin Plummer carried the day, driving in 4 with a homer and a double. Ben Ross (2 hits, 1 run) and Kyle Bunting (1 hit, 1 run, 1 RBI) chipped in for the Yankees. The Cards got doubles from Kyle Ashburn and Nikolaus Moore and Jake Lillienstein scored 3 runs.

### Power Hitter at Buckeye Field has Big Dreams

By Mikaela Cowles



Lafayette Little League's Alexie Shurtz at the plate  
Photo Sheryl Cardiff



Shurtz rounds third, heading towards home  
Photo Sheryl Cardiff


As Cubs player #14 approaches the plate at Lafayette Little League's Buckeye Field, it's as if the opposing team recognizes the jersey number of arguably the most famous Chicago Cubs player – big hitter Ernie Banks. The outfielders move deep. Really deep.

"She has incredible power," says Bob Brueckner,

the manager of this season's Yankees, another Little League Majors' team. "She can be fooled on a pitch and still one-hand it out of the park."

Yes – she. Meet 7th-grader Alexie Shurtz, one of those players everyone loves to watch this season, and not because she's the only girl wearing a Lafayette Little League Majors uniform, although she

is. It's because Alexie has that kind of break-out 12-year-old strength that makes watching Little League Majors ball exciting – a home run All-Star hitter who's also a formidable force on the pitching mound. The one-two skill punch that makes it easy to imagine Alexie achieving the collegiate athletic dream – Division I ball. Only it's not a baseball dream.




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### Kendall's Double Sparks Comeback Win For Miramonte

By Kevin D. Shallat



Acalanes' left-handed pitcher John Treat on the mound  
Photo Jordan Fong

Acalanes held a 2-1 advantage going into the final inning of play against Miramonte's baseball team on Wednesday, April 1, and were in position to continue their undefeated conference streak, and move to 4-0. However, Chris Kendall and the rest of the Matadors had other ideas, as Kendall's leadoff double led the final inning rally that capped off a 3-2 comeback home field win for Miramonte.

The Miramonte game started off as a relatively routine pitchers' duel. Both John Treat (Acalanes) and John Vaccaro (Miramonte) gave up only one run on five hits on the day. Yet, as the game progressed -- or rather, regressed -- the game took on a strange and unfamiliar turn, be-

coming anything but routine. It started in the bottom of the second when Miramonte's Michael Mann was called out at the plate on a batter interference call. The umpire claimed the batter got in the way of the throw down to second on a steal attempt.

Miramonte was able to score the first run of the game in the bottom of the third inning when catcher Kevin Paulson lined a double to left field. Two batters later, center fielder Joey Epperson drove Paulson home



Miramonte's Kevin Paulson (left) and Joey Epperson celebrate win against Acalanes  
Photo Jordan Fong

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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS



### Coach Hardy helps SMC Golf Program Excel

By Dean Okamura



Campo grad Dan Cone now plays golf for SMC Photo Tod Fierner

The St. Mary's Men's Golf Team is quickly becoming the Cinderella story in our backyard. Since 2000, Coach Scott Hardy has committed himself to building a winning culture and those efforts are paying off big. Ten years ago the Gaels were ranked 270th out of 300 Division I schools. Last year they ranked in the top 30. This meteoric rise has given several standout players the confidence to play professional golf. Moraga Country Club is the home practice area for the Gaels.

They are welcomed to course and driving range access. In return, the membership can enjoy watching the players' skills and get to know them while they practice. It is a common site to see a friendly tip being offered to a less skilled member or a lesson provided to an aspiring youngster. The players remain approachable and polite even when the pressure of preparing for a tournament is foremost on their minds. It has long been held that golf requires a high level of civility. "I think 50 / 50," says Hardy when asked if it is his team's culture or the

nature of the sport that compels his players to be model citizens.

In 1999, Hardy was a new St. Mary's grad who worked in the billing department of a law firm. "I knew pretty quickly that I really wanted to stay involved with golf," Hardy says with a smile. After a quick season under then Coach Randy Kahn, who was also Director of Golf at Moraga Country Club, Hardy was given the reigns.

Learning quickly was nothing new to Hardy. He came to St. Mary's to play baseball, not golf. He didn't even take up the game until he was 16. "I really liked the longevity of golf," Hardy states as he looks back on his decision to drop baseball for golf. "I ended up trying out for the golf team and the coach let me stay and work on becoming a better player."

Hardy can now reflect back on two semifinal appearances in the USGA Mid-Ams (2006 and 2007) and an Invitation to the Jones Cup, an impressive resume that puts him among the elite in amateur golf.

Hardy relates well with players and spends hours recruiting for his team. "You just never know for sure," how a kid will react when he gets to college, says Hardy. "You can spend hours watching a kid play, but in the end you aren't sure if he's playing for his parents or himself," he says, adding that he thinks the risk of signing a player goes up with the level of scholarship money provided.

Current Gaels to look for include Robert McRae, younger brother to Mike, and Dan Cone, a Moraga product and graduate of Campolindo.

### OBA Trojan Pitchers Deliver Win Over Firehawks

Submitted by Frank Tse



Trojan Tyler Ohlsen slides into 3rd for a triple Photo Frank Tse

As major league pitchers tuned up for opening day, the Orinda Trojan pitching staff was already into their midseason form as five Trojans combined for 13 strikes and just one walk in their 10-5 win over the Orinda Firehawks on March 25.

Trojan pitcher Shane Dalton started the game with two shutout innings. But in the 4th, the Firehawks rallied with four runs after

Derrick Garcia's lead-off walk was followed up by four straight hits. Trojan outfielders Steven Rein, Walker Lambert and Jonah Medal-Katz repeatedly chased down the hits to limit the damage.

The Trojans answered back with more excellent pitching, as pitchers Will Cassriel and Timothy Tierney combined to strike out five of the last six batters. "Our pitching

really stood up and won this game," said Trojan manager Steve Cassriel.

Although out hit by the Firehawks, the Trojans made their hits count. Ben Mollahan scored three runs and ignited a pair of 3-run innings with lead-off singles. Christian Schillinger, Tyler Ohlsen, Dalton and Will Cassriel each provided extra-base hits to fuel the Trojan offense.

### SMC Beats Dartmouth 33-19

Saint Mary's rugby followed last month's loss to Cal by beating Dartmouth 33-19 in Moraga on March 26th. Dartmouth posted an early 12-0 lead but the Gaels fought back and led 21-19 at halftime. Holding Dartmouth scoreless for the remainder of the game, SMC completed two more tries in the second half.

Subsequent April wins against the University of Washington (24-3) and UC-Davis (30-25) sends SMC into the National Championship tournament in the #3 Pacific Coast seed. Play begins April 18, in Atlanta, with SMC expected to face Army, currently ranked #1 in the Northeast. *RSF*



SMC defends as Dartmouth tries to advance the ball in the SMC March 26th home field win Photo Ohlen Alexander



Dartmouth takes possession of the classic scrum as SMC prepares to defend Photo Ohlen Alexander

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<p><b>Fri, Apr 17</b> BSB San Diego 3:00 PM</p> <p><b>Sat, Apr 18</b> SB Santa Clara 12:00 PM BSB San Diego 1:00 PM SB Santa Clara 2:00 PM</p> <p><b>Sun, Apr 19</b> WLAX Oregon (Saint Mary's Stadium) 12:00 PM</p>	<p>SB Santa Clara 12:00 PM BSB San Diego 1:00 PM SB Santa Clara 2:00 PM</p> <p><b>Fri, Apr 24</b> BSB Loyola Marymount 3:00 PM</p> <p><b>Sat, Apr 25</b> SB Portland State 12:00 PM BSB Loyola Marymount 1:00 PM SB Portland State 2:00 PM</p>	<p><b>Sun, Apr 26</b> SB Portland State 12:00 PM BSB Loyola Marymount 1:00 PM SB Portland State 2:00 PM</p> <p><b>Wed, Apr 29</b> BSB Cal Poly 3:00 PM</p>
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# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### Acalanes defeats Campolindo 16-4 in Boys' Lacrosse

By Lucy Amaral



Acalanes races to defend as Campo advances the ball

Photo Andy Scheck

Amid rain, frigid temperatures and even a delay-of-game lightning strike, the Acalanes High School varsity men's lacrosse team defeated Campolindo 16-4, April 7 at Campolindo High School.

Acalanes started off the scoring with attackman Paul Wells firing one in the net a little less than two minutes into the first quarter. Campolindo answered back with goals by midfielder John Carrick, and attackers James Luckenbach and Chris Perrella, putting the Cougars in the lead, 3-1, going into the second quarter.

The Dons closed the gap then tied the score with shots by midfielders Logan Quinn and Trevor Felt within the first three minutes of the second quarter, while Acalanes defense, led by Jeff Totten and Robert Mull, kept Campolindo at bay. From there, the Dons' offense took charge, adding five more goals to end the half 8-3.

From that point on, it was

Acalanes' game. Wells tallied seven goals and one assist for the match, Quinn brought in six goals and Jack Bergman had one goal and three assists. Dons' attackman Pete Wignall scored one goal and had one assist, and Felt logged one goal. For the Cougars, along with the three goals in the first quarter, midfielder Harlan Raine scored one goal, while Perrella and attackman Connor Perkins added one assist each. Cougar goalie Brian Rath recorded 14 saves, while the Dons' goalie, Harrison Bagdan, added three saves to his list.

The first five minutes of the third quarter was a game of defense. Acalanes kept their line tight, while Campolindo defenders John Triebisch, Davis Lehman and Eliot Reynolds worked hard to keep the Dons' in check. But Acalanes offense kept pushing forward, scoring four more goals in the middle of the quarter before lightning strikes off in the distance made for a 30 delay-

of-game at just over the two-minute mark. When play resumed, defenders on both sides allowed no more goals, ending the third quarter with a 12-3 score, advantage Acalanes.

Acalanes kept the pressure on Campolindo scoring three more goals, before Raine rifled one in for the Cougars. But the damage was done, and with 40 seconds left on the clock, Quinn scored one final goal to end the match 16-4.

"Campo came out really well in the first quarter," said Acalanes Coach Brent Ringwood. "They came ready for the game."

Ringwood added that Spring Break might have slowed his team down a bit in the beginning. "Defensively, we had a little bit of a problem the first half because we weren't talking," he said. "But as soon as everybody hunkered down and started communicating with each other it was a good team effort."



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### Youth Athlete Success Starts with Free Play

By Katie Santos, with Claudia Moose, Certified Pilates Instructor, Athletic Trainer

When we play as children, we establish the basic neural connections needed to teach our muscles stability, reactivity, co-ordination, control, and most important, deceleration. High-level and even weekend athletes are injuries waiting to happen without this basic learning.

As a society our movement has changed drastically in the last 20 years. Those of us who are adults now, grew up, for the most part, playing outdoors, riding our bikes and playing games. During such free, unstructured play without regimented competition, we learn "proprioception," the ability to know where we are in space.

When we are young, that free play allows us to learn how to fall, recover or arrest a fall. When we feel free to just move, we connect with our bodies not only on a physical level, but we learn to trust those bodies on an emotional level as well. We find out what movement is comfortable in our bodies and it may not necessarily be the sport that is available or that parents feel we should play.

Learning to trust that innate intuition builds self-esteem that we need. Awareness of movement response brings a lifelong connection with our bodies that promotes health and physical longevity. Without that connection, however, movement can become dysfunctional and we may become injured.

Athletics in general discourage that connection. Athletes, invited to work through the pain, often come back too soon and "take one" for the team. When that happens, our identity as an athlete is compromised; fear and uncertainty can creep in.

We live in a fairly enlightened community as far as health and fitness are concerned. Many families

have resources that allow children to participate in high-level sports. But often parent perception of child exercise requirements seem to involve only organized sports. We are doing our children a great disservice when this occurs.

We as parents and coaches need to make fundamental changes in the way we encourage our kids to move, starting with the following:

1. Encourage what we call "free play" by doing what we did as kids. Set up your yard to play games like hopscotch, red light - green light, freeze tag, dodge ball, jump rope, Hula Hoop, and others. Don't sell these games short. This is a cost effective way to teach a child movement.
2. Be mindful of year-round single sports. A "periodization" method of conditioning -- a year-round plan that focuses training development in phases -- should be incorporated in all athletic conditioning. A well-rounded periodization training includes scheduled rest and "off season" activities that are different but complimentary to the athlete's sport. Use basic conditioning including the games mentioned above during "off" season.
3. Be careful of specialized sport

acceleration programs as they often foster more and more ballistic and unsafe movements, and increase the likelihood of injury.

4. Be aware of your child's coach's abilities. The lowest level athlete often gets the same level coach. While coaches generally mean well, a lack of education, expertise and awareness coupled with a competitive spirit, can put your child at tremendous risk of injury. Look for high-level programs with educated coaches who know that they don't know it all.

These recommendations are an essential part of a child's health, and critical to safe participation in youth sports.

#### About the authors --

Santos and Moose, along with Louise McMenamin, co-own Absolute Center, a Lafayette-based fitness studio that focuses on "Reconditioning," an integration of resistance, Pilates, yoga, and other modalities to return your body to a balanced and fully-functioning system. For more information, call (925) 299-9642 or go to [www.absolutecenter.net](http://www.absolutecenter.net)

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

Schedule subject to change. Please check team booster websites for up-to-date information

- Wednesday, April 15**  
*Boys Volleyball*  
 Acalanes @ Campolindo, 6pm  
 Alhambra @ Miramonte, 6pm
- Thursday, April 16**  
*Swimming & Diving*  
 Miramonte @ Acalanes, 3:45pm
- Friday, April 17**  
*Boys Lacrosse*  
 Las Lomas @ Acalanes, 7pm  
 Miramonte @ Campolindo, 7pm  
*Girls Lacrosse*  
 Campolindo @ Miramonte, 7pm  
*Swimming & Diving*  
 Miramonte @ Acalanes, 3:45pm  
*Boys Volleyball*  
 Las Lomas @ Acalanes, 6pm

- Boys Golf*  
 Miramonte v. Acalanes @ Rossmoor, 3:30pm
- Saturday, April 18**  
*Track*  
 Acalanes PLUS others @ Campolindo - Philip McCann Invitational, TBA  
*Boys Golf*  
 Miramonte v. Acalanes, 3:30pm
- Tuesday, April 21**  
*Boys Lacrosse*  
 Acalanes @ Miramonte, 7pm  
*Girls Lacrosse*  
 Miramonte @ Acalanes, 7pm  
*Boys Tennis*  
 Dublin @ Campolindo, 3:30pm  
 Las Lomas @ Miramonte, 3:30pm
- Wednesday, April 22**  
*Boys Volleyball*  
 Acalanes @ Miramonte, 6pm
- Thursday, April 23**  
*Boys Golf*  
 Miramonte v. Campolindo @ OCC 3:30pm

- Friday, April 24**  
*Boys Lacrosse*  
 Alhambra @ Acalanes, 7pm  
 Dougherty Valley @ Campolindo, 7pm  
 Dublin @ Miramonte, 7pm  
*Swimming & Diving*  
 Miramonte @ Campolindo, 3:45pm  
*Boys Volleyball*  
 Alhambra @ Acalanes, 6pm  
 Dougherty Valley @ Campolindo, 6pm  
 Dublin @ Miramonte, 6pm
- Tuesday, April 28**  
*Baseball*  
 Dougherty Valley @ Acalanes, 4pm  
 Alhambra @ Campolindo, 4pm  
*Softball*  
 Dougherty Valley @ Acalanes, 4pm  
 Alhambra @ Campolindo, 4pm  
*Girls Lacrosse*  
 Dougherty Valley @ Miramonte, 7pm  
*Boys Tennis*  
 Campolindo @ Acalanes, 3:30pm

- Wednesday, April 29**  
*Boys Lacrosse*  
 Novato @ Acalanes, TBA
- Thursday, April 30**  
*Baseball*  
 Campolindo @ Miramonte, 4pm  
*Softball*  
 Campolindo @ Miramonte, 4pm  
*Boys Lacrosse*  
 Campolindo @ Acalanes, 7pm  
*Girls Lacrosse*  
 Acalanes @ Campolindo, 7pm  
*Boys Volleyball*  
 Dublin @ Campolindo, 6pm  
 Las Lomas @ Miramonte, 6pm
- Friday, May 1**  
*Boys Lacrosse*  
 Acalanes @ Campolindo, 7pm  
*Girls Lacrosse*  
 Acalanes @ Campolindo, 7pm  
 Alhambra @ Miramonte, 7pm  
*Track*  
 Robert Warren Relays @ Acalanes, 2pm

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