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Life in LAMORINDA
 Lafayette Gallery Celebrates Ten Years Together
 By Andrea A. Firth



Past and present members of the Lafayette Gallery reunite at an exhibit of their works on display at the Orinda Library through September
 Photo Ohlen Alexander.

The Lafayette Gallery is celebrating ten years in the making with a special joint exhibition of work by past and present members at the Orinda Library through the end of the month and a unique anniversary exhibit on display at the Gallery through October 10th.

The Lafayette Gallery, a co-op of artists, was the brainchild of Kathy DeForest and Judy Miller. In the late spring of 1999, the Gallery's current space, a cottage on Lafayette Circle, had come available and artists were invited to become members of this novel art community recalls Linda Yoshizawa, a founding member. "I think the first twenty artists who came to the start-up meeting with a \$200 check defined the original membership," says Yoshizawa with a laugh. "It was initially a lot of work to get the gallery up and running," she adds describing the effort that went into cleaning up the space, adding lighting, and building pedestals and systems to

display the art. The Gallery opened its doors in September of that year for the Lafayette Art and Wine Festival and those doors have remained open and inviting to the public for the past decade.

"I'm sure that [the Gallery] has worked over these ten years because we are always revising to make sure that every member feels a part of this art community," says Yoshizawa.

The Gallery puts on a new exhibit every six to eight weeks, which provides a strong incentive for artists to produce new works, explains Yoshizawa. "It's not just about selling your work. It's about having a place to exhibit and get feedback," she says. Plus every member takes a monthly shift in staffing the Gallery and is responsible for some aspect of the operation. "We actually have 23 jobs. Everyone is active," she adds.

The Gallery currently has 23 members and includes artists who work in a wide variety of media in-

cluding printmaking, watercolor, collage, ceramics, acrylics, glass, photography, silk painting, and jewelry. The anniversary exhibit at the Gallery features an older and newer work by each of the members. "So you can see how we have grown," states Yoshizawa.

Several members have moved on to other venues and others have just moved away, but a core group of original members remains, which in addition to Yoshizawa includes Judy Miller, Susan Erickson, Jill Landau, Maggie Lucas-Hill, and Pat Prosek. Remarkably the Orinda Gallery joint exhibit features work by 22 past members who have shipped work in for the exhibit from Nevada, Oregon, and as far as Boston along with all of the current members of the Gallery.

"The fact that we have lasted this long, even in these tough economic times, shows that we need to have art," says Yoshizawa.

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Beauty Ain't Just Skin Deep
 By Theresa Tsingis, DC MS

Even in a recession, millions of dollars are being spent in the quest to look wonderful. Ironically, some of the best skin and body care opportunities are addressed each time we eat. Nutrition influences energy levels, body shape, and skin quality, to name a few. Here are half dozen pointers that apply universally to helping someone look their best (note - consult your doctor or nutrition specialist before taking nutritional supplements or changing eating habits):

- 1) Avoid sugars and empty starchy foods
- 2) Eat foods with natural skin nutrients
- 3) Take Omega 3 Oils
- 4) Exercise regularly
- 5) Decrease acne and eczema
- 6) Lower stress

1. Avoid Sugars and Empty Starchy Foods

This is important to do for several compelling reasons. First, sugar and starch-laden foods form compounds within skin membranes called advanced glycosylation end products (AGES). These AGES can be likened to dry bread crust, and they age the appearance and function of the skin and body. Second, high empty carbohydrates cause a spike in blood sugar, which raises insulin, promoting acne growth. Third, the blood sugar spikes are followed by a sharp decline in brain blood sugar levels known to negatively alter mood. It's hard to look your best when you're feeling down in the dumps and your energy is low.

2. Eat Foods with Natural Skin Nutrients

Skin is plumped by water, collagen, and hyaluronic acid, to mention a few. Vitamin C and high Vitamin C foods (broccoli, peppers,

strawberries, oranges and Brussels sprouts) help with collagen formation. Soybeans contain natural weak estrogen-like compounds, and estrogens are thought to help skin quality. In addition, soy may increase production of hyaluronic acid, an interstitial fluid which fills out wrinkles. Soy beans themselves, in my opinion, are preferred, since they are less processed than soy products. Soy may not be advised, depending on medical history.

3. Take Omega 3 Oils

There are many types of fats, but only some provide true benefits, and at different life stages the amounts of each are important. In this article, I address only the general properties of omega 3 oils. They benefit skin, hair and nails, since as a natural component of cell membranes, they form a protective barrier against the elements. If you want shinier hair and stronger nails, omega 3s (sold as fish oils), could be the answer.

4. Exercise Regularly

Daily exercise promotes circulation, bringing oxygen to the skin, joints, and brain. Exercise lifts mood, and increases the skin's radiance. Skin nutrients are delivered and waste products taken away more efficiently when circulation is improved via exercise. Regular activity also increases positive neurotransmitter levels; those feel-good chemicals become look-good chemicals.

5. Decrease Acne and Eczema


Did you know that acne can increase from high skin insulin levels when blood sugar fluctuates? Higher bacterial growth on the skin occurs to encourage acne formation. Eczema can develop from stress, food allergies, intestinal con-

ditions, and other factors. A nutrition specialist can help determine underlying causes of acne and eczema to benefit skin and overall health.

6. Lower Stress

That special glow from inner happiness and confidence supercedes any amount of beauty treatments and vitamins. Stress hormones such as cortisol cause premature aging of the skin, so the idea is to lower the output of those hormones. These days, the stresses of life probably won't disappear, but coping in a positive way is a choice to make. Try some of the following to maintain balance, confidence and flexibility: deep breathing, meditation, a varied exercise routine, yoga, massage, and chiropractic care.

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

Ask Jeff
Are All Oil Changes Created Equal?



Jeff Joyce

Dear Jeff;
 I always look for coupons when my car needs an oil change, How do I know my car is getting the correct service my car requires?
 Signed, Confused in Concord

Dear Confused;
 Not all coupon oil changes meet factory service or warranty re-

quirements. With the complexity of today's automobiles, the correct oil grade is ultra critical. Most discount oil changes only offer one grade of oil that do not have proper certifications through API and ISLAC and is usually for older model cars. Correct oil costs more due to specific additives used for emission and performance needs of modern automobiles and light trucks.

Dear Jeff;
 I have a Hybrid vehicle. Are there any special Hybrid service concerns I should know about?
 Signed, Mr. Green

Dear Mr. Green;
 Hybrid technology is certainly a sign of our transportation future. Unfortunately, not too many shops are properly trained to service these vehicles. Most hybrids require hybrid specific oils and fluids that meet low emissions capabilities. Always use

trusted facilities with trained technicians that offer the correct oils to keep your warranty in effect and keep your hybrid the best it can be.

Dear Jeff;
 My owner's manual states my car requires synthetic oil, but do I really have to use it?
 Signed, Frustrated in Fremont

Dear Frustrated;
 There are many vehicles with high-performance engines that are indeed engineered to use synthetic oil for their engines. Synthetic oils provide longer drain intervals, superior oiling capabilities in cold start up and better adhesion to internal engine components. All these play a curtail role in protecting your investment.

Jeff Joyce has been the Manager of Express Oil Change & Tire Center since 2004. He can be reached at 925-254-8989 or jjoyce@orindamotors.com

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