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Volume 03 Issue 15

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Wednesday, September 30, 2009

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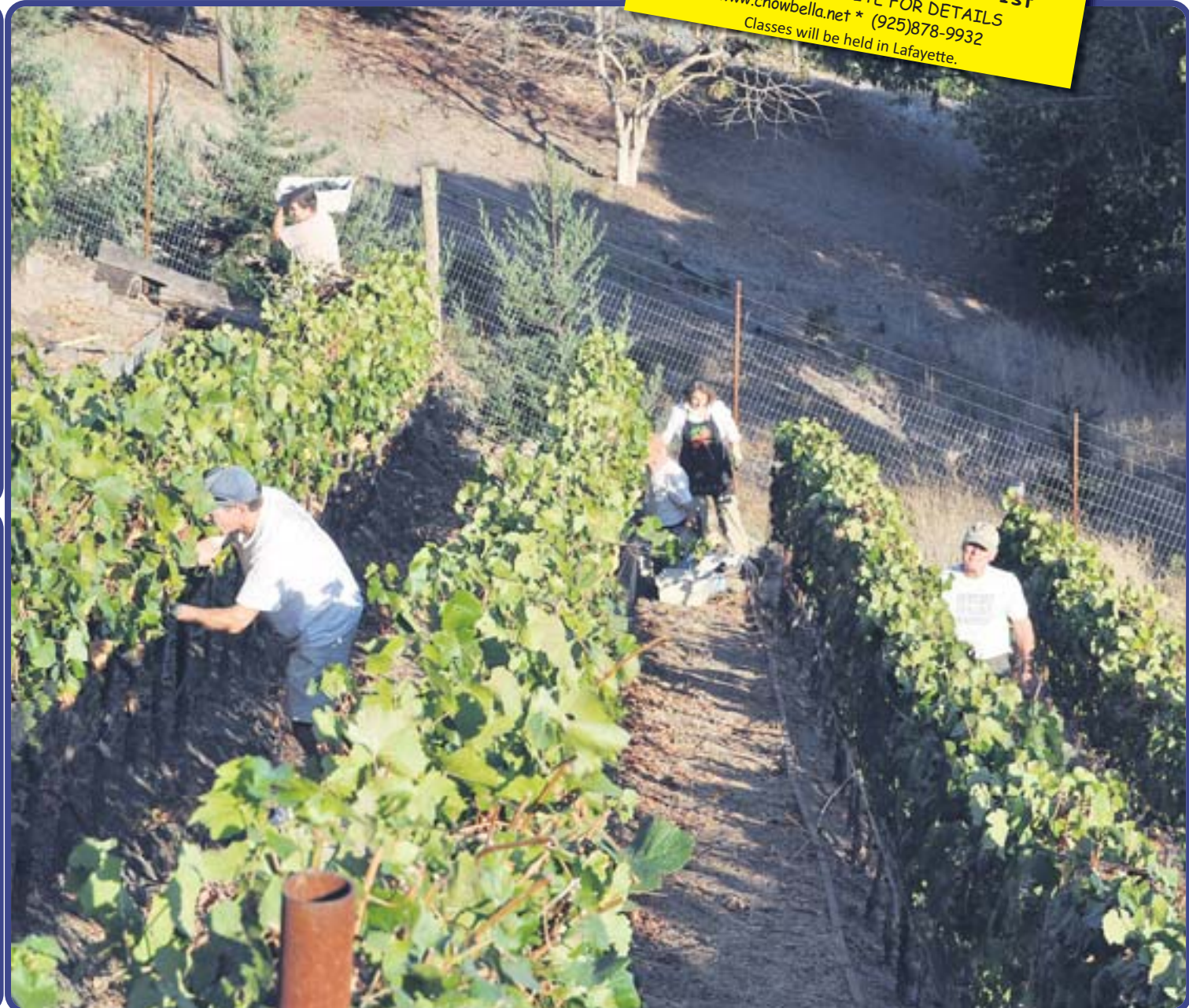
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Ted Kizor



George Denney (front) and Scott Clifton



Sara Captain

## A Perfect Pairing with the Community

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The Captain's backyard was buzzing with activity on a warm Friday morning in September as a crew of 15 people picked pinot noir grapes and hauled overflowing bins of the ripened fruit up the steps of the hillside vineyard. The grape pickers included vineyard owners Susan and Sal Captain and a collection of family, friends, and recent acquaintances who came together for the harvest. "It went so fast. We

By Andrea A. Firth

were done in about an hour," states Susan, pleasantly surprised by the speedy work of her volunteers. "Friends were still arriving to help, and there were no more grapes left to pick."

Community involvement in the Captain's vineyard was always part of the plan according to Susan, a warm and intellectually curious woman, who has cultivated an extended and diverse network after living in

Moraga for 20 years. "The idea was always to share [the vineyard] with the community," says Susan. "I can only drink so much wine by myself," she adds with a laugh.

Captain Vineyards, the largest vineyard in Lamorinda's rapidly-growing winegrowing community, was Susan's brainchild. She wanted to find something that would keep her and her husband Sal physically, intellectually, and socially active in their "retirement."

... continued on page 8

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COLDWELL BANKER

### Moraga Town Council Denounces Hate Crimes

By Sophie Braccini

**WHEREAS**, on September 7, 2009, evidence that a hate crime had been committed was discovered in Moraga; and

**WHEREAS**, the crime was motivated by race and has caused great emotional distress and fear for the victims and our entire community; and

**WHEREAS**, such crimes and incidents are an affront to community values and can damage the fabric of our society, if concerted and firm action is not taken to address and remedy such incidents whenever they occur; and

**WHEREAS**, the Town of Moraga supports and places a high value on the diversity and inclusiveness of our community; and

**WHEREAS**, all victims of hate crimes, their families, friends and supporters are deserving of full and complete support, sympathy and encouragement from all members of the Moraga community and the Town; and

**WHEREAS**, the Town Council condemns in the strongest terms such criminal conduct, encourages all citizens to immediately report hate crimes, and asks that persons with information about hate crimes contact law enforcement.

**NOW, THEREFORE, BE IT RESOLVED** by the Town Council that the Town of Moraga will continue to bring all of its resources to bear to prevent, and when necessary investigate and prosecute, any unlawful action or harassment of any person or persons, based on the victim's actual or perceived race or ethnicity, nationality, religion, sexual orientation, disability, or gender.

It was a moment of community bonding at the Moraga Town Council meeting on September 23rd when Chief of Police Robert Priebe presented the above resolution denouncing hate crimes. ... continued on page 3

### Birds Attracts Crowd

By Andrea A. Firth



Tippi Hedren in the original sea blue/green Astin Martin used in *The Birds* Photo Ohlen Alexander

**B**irds can attract a crowd in Orinda. Almost every one of the 750 seats in the Orinda Theater was filled on Friday, September 18th for the screening of the Alfred Hitchcock thriller, *The Birds*. ... continued on page 4

Whether your dancing shoes are waiting longingly for you by the door or need to be dug out and dusted off, put 'em on because it's time again for the **Big Band Ball Room Dance!** The Big Band of Rossmoor will be in the main

theater at Moraga's Art Deco **Rheem Theatre on Friday, October 2.** Doors open at 7:00p.m.; kick up your heels from 7:30 -10:00 or lounge in one of the 300 seats that are ideal for music fans who just want to listen and watch.

**Tickets are \$10/person** and are available at the Lafayette Chamber of Commerce and the Rheem Theatre; call 284-7404 for reservations. For more information go to [www.lafayettechamber.org](http://www.lafayettechamber.org).

### Battle of the Bands



Cole Leksan

By Guy Dotan

LaBORinda; BORaga; BORinda. Lamorinda teenagers have long bemoaned the lack of nearby entertainment and recreational opportunities. Here is where Lamorinda Teen Center Inc. comes in. This organization puts on events for locals to attend and enjoy, especially the teenagers. ... read on page 5

### Lamorinda Reads *The Wonderful Wizard of Oz*

By Sophie Braccini



There are many ways to enter the Emerald City: The Hollywood way; the Wicked way; and the original 1900 Baum way, by picking up a copy of *The Wonderful Wizard of Oz*. This year, for the third annual "Lamorinda Reads" program, the three local librarians have chosen to revisit the original novel written by L. Frank Baum, and reflect on the different interpretations ... Read on page 9

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Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Tuesday, October 13	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Thursday, October 1	
Thursday, October 15	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road	
Tuesday, October 6	
Senior Services	3:00pm
Community Center, Alder Room 500 St Mary's Road	
Thursday, October 22	
City of Lafayette:	
http://www.ci.lafayette.ca.us	
Chamber of Commerce:	
http://www.lafayettechamber.org	



**Vice Grip Throwing Hits Target, 9/4/09** After becoming enraged by the victim's driving on St. Mary's Road, an unknown suspect proceeded to tailgate and pass the victim before hurling a pair of vice grips out of his window. The vice grips hit the victim's driver's side door and the victim managed to get the last three plate numbers of the assailant's vehicle. The victim does not know the suspect but would recognize him if he saw him again. It is possible the suspect is an accomplished discus thrower with a gripping passion.

**Missing Bench, 9/4/09** A Happy Valley Road resident was paid a visit by the Bench Bandit. The crafty bandit approached the residence and removed a teakwood bench valued at \$800. Perhaps he didn't make it to the Smith & Hawken closeout sale?

**Juveniles Scramble Eggs, 9/4/09** Police were summoned to Happy Valley School to respond to an egg incident involving a car in the parking lot. Seven juveniles took responsibility for the egg. The owner did not press charges but wants the suspects to pay for damages to her car. The case is being handled through the Juvenile Diversion program. We hope the program will help the throwers learn that a plate is a more appropriate place to put an egg.

**It's Always a Good Idea to Lock Your Car, 9/7/09** A Ridge Road resident forgot to lock her car. Guess what happened? A sharp-eyed and nimble-fingered thief spotted her purse in the backseat, opened the unlocked door and stole her purse. There are no suspects or witnesses although fingerprints were taken.

**Please send storyideas to storydesk@lamorinda weekly.com**

# Lafayette

# Lamorinda Community

# Lafayette

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## Town Center III Condominiums Fate Undecided

By Cathy Tyson



Artist's rendering of Town Center III project, courtesy of Heller Manus Architects

"We hope to show you some very positive changes. We'd like a good solid thumbs up to proceed with this project," said Ray Panek, Senior Vice President of KB Homes South Bay.

KB Homes South Bay is considering whether to go ahead with a proposed 82-unit condominium development on the 1.47 acre site behind Panda Express that is currently a parking lot.

The five story project received feedback early in the summer to gage city support at a joint meeting of the City Council, Planning Commission and Design Review Committee. At that point there weren't any fatal flaws, but definitely some constructive criticism. Heller Manus Architects came back at the September 14 meeting with some significant changes to the plans. The unpopular towers were removed, the number of units were scaled back from 89 to 82, and the lobby area was moved to align with Dewing Avenue, among other things.

The landscaping was also significantly improved; now it's much more pedestrian friendly with greater articulation of the walkway and enhanced connectivity. Landscape Architect Bill Smith explains the design, "We've created a more generous plaza area - now it feels like you're walking through a woodland."

At this point the ball, or rather the multi-family project, is in KB Homes' hands. Both the City Council and Planning Commission expressed their general support for the project, but now it's up to KB Homes to seek corporate approval as well as secure financing. As of press time a decision had not been made.

Panek reiterated what a perfect location this is for exactly this type of pedestrian friendly development, "Within a quarter mile of site are all the services you could want - Safeway, a drugstore, banks, restaurants."

"Staff supports high density multi-family at this location - it's

an ideal site," said Niroop Srivatsa, City of Lafayette Planning and Building Manager.

One particular sticking point with residents is concern about the height of the building. The homebuilders made a point of noting that, "the edge of the proposed condominiums is fifteen feet lower than existing adjacent Town Center apartments."

Public comment was similar to the last go-round. "It's far too high, far too bulky. I'd like to take a story off to begin with and I'd like to see story poles," said Guy Atwood.

"This is the site for more housing and more density. Any other use would be a shame. Clearly the fifth story is a challenge - balconies and set backs would make it more attractive," said Thomas Chastain, Vice Chair of the Planning Commission. "Everything I see and read points to this kind of planning - we have all got to make some sacrifices."

## Help Wanted for Parks Commission Vacancy

By Cathy Tyson

Jennifer Russell, Director of the City of Lafayette Parks, Trails & Recreation (PT & R) Department, wants to encourage civic minded Lafayette residents with a strong interest in Parks to apply for an open volunteer spot on the PT&R Commission.

Right now PT & R is involved in quite a few interesting ventures. "The Commission serves as an advisory panel to the

City Council while playing a vital role in the development of parks, trails, and recreation facilities. Current projects include the completion of a Parks & Recreation Facilities Master Plan; the construction of a bike park; the development of a dog park; and the design of a trail that connects the Community Center and Community Park to the Burton Ridge," said Russell in a statement.

With a time commitment of just one evening meeting per month, serving on the Commission is not an overwhelming commitment. "The nine member body is divided into three subcommittees, Parks, Trails and Community Center," said Russell, noting the current opening is for the Parks subcommittee. "The Parks subcommittee reviews and supports effective

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## Unique Art Project for Foster Youth

By Cathy Tyson



"Hope Matters," a 4' x 5' multi-media collage that local foster youth made with the assistance of Marcia Barrow Taylor

Talented Lafayette artist Marcia Barrow Taylor had just left a position as a children's museum of Modern Art, to spend more time in the studio, "but I felt a little guilty not working with kids."

Wanting to get involved with foster youth, perhaps donate

some of her art, she took a tour of a local facility, Anderson House.

One of the residents, a 14-year-old girl named Destynii, "happened to come home early from school that day while Taylor was taking a tour. "I came face to face with the limitations these kids have. I just couldn't shake it."

... continued on page 9

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# Moraga

# Lamorinda Community

**Calendar**

Town Council 7:30pm  
Joaquin Moraga Intermediate School  
1010 Camino Pablo  
Wednesday, October 14

Planning Comm. 7:30pm  
Moraga Library  
1500 Saint Marys Rd  
Monday, October 5

Design Review 7:30pm  
Moraga Library  
1500 Saint Marys Rd  
Monday, October 13

Liaison 8:00am  
Fire Station  
1280 Moraga Way  
Friday, October 9

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

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The holidays are just around the corner.  
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## Moraga Council Delays Staff Move

By Sophie Braccini

A decision by Moraga Town Manager Mike Segrest to move his staff out of the Town's office building at 329 Rheem and back to the Hacienda de las Flores started a town-wide hubbub that the Council tried to calm during its September 23rd meeting. The move was to take place immediately, with staff remaining at the Hacienda until seismic work is completed at 329 Rheem. The Council asked staff to postpone the relocation until the retrofit works actually begins, in 2011. But some community members doubt that the town will find the money to remodel the proposed town hall and fear that staff will continue to be located at the Hacienda for an undetermined period of time.

Segrest says he proposed the move in order to improve the operational efficiency of his team, which is currently split between the two buildings; Segrest, the Town Clerk and the Planning Department are at 329 Rheem (the building purchased by the town with the intent of using it as a permanent Town Hall), while the Hacienda de las Flores is home to Finance, Public Works and Parks and Recreation.

Some residents saw the proposed move as a threat to the historical mission of the Hacienda as a community center; they did not believe that the relocation would only be temporary.

Many residents recall when the town acquired the Hacienda. "The Hacienda was purchased in 1973 to become a park and community center," recalled Moraga Movers President George Fisher. "Our group considers the Hacienda as their home, and we urge the Council to return it to its original designation." ... continued on page 6



Police Blotter will be back next time.

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

## Moraga Police Save Life

By Sophie Braccini

"This is exactly what we have been training for, for years," said Moraga Police Chief Bob Priebe, referring on an incident where two of his officers saved the life of a driver who's heart had stopped by the time they reached him.

On the morning of September 16th, Moraga officers responded to the 200 block of Rheem Blvd after receiving a report of a traffic collision. Officer Russell Douthit arrived on scene and discovered that a single vehicle appeared to have run off the roadway and collide with a retaining wall. Officer Roberto

Ortiz joined Douthit at the scene and immediately advised radio dispatch that the driver was not breathing and had no pulse.

The officers removed the driver from the vehicle and started CPR, which included the use of an automated external defibrillator. With the defibrillator the officers were able to restart the driver's heart. The officers continued CPR until paramedics arrived to further stabilize the driver and transport him to the Kaiser Hospital in Walnut Creek.

"Usually the Fire Department gets on the scene before

us," said Douthit, "but we were literally seconds away from the scene and those few minutes can make a difference between life and death." The officers explained that the defibrillator device they carry, and have been trained to use, indicates whether the patient has to be "shocked" or not and that the operation went very smoothly.

On September 24 Priebe said, "I spoke to the hospital this morning and the driver is doing well. He is still in ICU, but he is able to sit in a chair and feed himself. The family feels it is a miracle he's alive."

## Moraga Town Council Denounces Hate Crimes

... continued from page 1

The Council and audience all seemed to share the same outrage regarding the September 7th discovery of a cross marked with the letters KKK in front of a house where a mixed-race couple was spending the night with family.

"It was a kick in the gut," said neighbor Dave Robertson, who was the first to notice the cross, "it is a wake up call." Robertson added that the neighbors had been discussing ways to make things more visible and were thinking about organizing a block party.

"My kids and I talked about the incident," says Carol Shenon, another neighbor. "I never could have imagined that such a horrific symbol could appear in Moraga. It is completely unacceptable, and I hope that the perpetrator(s) are found and prosecuted."

Moraga resident Reverend John Valentine says that this incident should be used to educate: "This can become an awareness-building moment, as long as we don't sweep it under the rug," said Valentine. The Reverend

went further and challenged the town's residents to do something differently and look at Martin Luther King Junior Day as an opportunity to fly the American flag as a reminder of what happened.

Mayor Dave Trotter said, "This is not the Moraga that I know." He, too, wanted to make it a moment of education and added, "We might want to talk

about it with the School District."

Vice-Mayor Ken Chew wanted to incorporate what he felt was stronger language into the resolution, including the addition of the word "racism" alongside "hate crime." The majority of the Council did not concur and the resolution, as drafted by Priebe, was adopted by a vote of 4-1.

### Not the Only Incident

Recent Campolindo graduate Roshan Mahoney says of the September 7th hate crime, "The fact that we're allowing ideas like that to be fostered in our town is something we should all be concerned about." And according to Mahoney, this was not the only incident to happen in Moraga over the summer. Mahoney says that on July 25th she was shocked to see a swastika painted on The Rock (up on the hill at the intersection of Moraga Rd and Rheem Blvd). "I was with my friend Molly, who is Jewish; at first I wanted to believe it was something else; just a random bunch of squiggles. I didn't want to think anyone here would do something like that." Unable to reconcile the hope to the reality, she says the two young women felt, "just disgusted that someone would do something that disrespectful."

That night they climbed up to The Rock, only to find others of similar mind who had already poured white paint over the offending symbol. "We decided to paint a peace sign," said Mahoney, because we didn't want to paint it over with anything that would put anyone down or offend anyone, we just wanted to make a statement that this is a town that won't tolerate that."

L. Borrowman

## Moraga Bench Dedication

Submitted by Gary Irwin



Friends and neighbors of the late Tom Burdsal share stories and vignettes about his life, on the bench (L-R): Melissa Levinson, Tom's granddaughter; Hazele Burdsal, Tom's wife; and Vicki Bowhay, Tom and Hazele's daughter

Photo Gary Irwin  
A memorial bench to the late Tom Burdsal, former Town Treasurer, Moraga Country Club Director and community activist,

was dedicated on September 14th by his family and friends. The attractive concrete bench is located at the 8th tee of the Moraga Country Club. While his wife, Hazele, and family members sat on the bench with flowers, numerous friends and former neighbors spoke and reminisced about their experiences and memories of Tom. Funds for the bench were donated by friends and members of the Rotary Club of Moraga where Tom had been a member since he moved to Moraga in 1992. The informal reception was arranged by members of the Rotary Club.

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-Dr. Brad Reiches, GodThoughts, Volume 2\*

As a military family every few years we are asked to pick up and disconnect our families from their friends, church and schools. As a family with children it can be very stressful. One thing that helps all of us with these transitions is finding a spiritual home that will take us into it's heart right away and make us part of their "family". The first time we stepped across the entry into Willow Spring Church we felt included and valued. Every person in this church seems to be a member of the "Welcoming Committee". WSC is a family church that was as dedicated to spiritual health as much as our spiritual growth and we are extremely grateful for their support and acceptance.  
-Heather Kostecki, Regular Attender (with husband Ken and daughters Danielle and Kayleigh)

**Willow Spring Church** **Sunday Service Times:** **Weekly Activities Include:**

1675-1689 School Street Prayer.....8:00am **Wednesday:** Community Bible study..10am  
Moraga, CA 94556 Traditional.....9:00am **Monday-Friday:** BLAST! Kids Club  
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**Willow Spring Church's Fall Festival**  
**Saturday, October 31st 6-10pm**

•Chili Cook-Off•  
•Hoe Down•  
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Willow Spring Church is an evangelical, non-denominational, Bible-Driven church with a vision to:  
*"Work with God to build effective people who are inspired to excellence and committed to others."*  
"Willow Spring Church is the home of the Internationally recognized "GodThoughts" Ministry serving more than 10,000 people daily in over 100 countries around the world.



## Orinda

## Lamorinda Community

## Orinda

## Calendar

City Council	7pm
Auditorium, Orinda Library 26 Orinda Way	
Tuesday, October 6	
Planning Comm.	7pm
Auditorium, Orinda Library 26 Orinda Way	
Tuesday, October 27	
Historic Landmarks Comm.	3pm
Gallery Room, Orinda Library 26 Orinda Way	
Tuesday, October 27	

## City of Orinda:

<http://www.cityoforinda.org>

- all meeting notes
- calendar updates

## Chamber of Commerce:

<http://www.orindachamber.org>

- local businesses
- upcoming events



**Drunk in public, 9/16/09** A police officer noticed an older male staggering near Moraga Way and Brookwood Road, nearly falling into traffic. Recognizing him as a frequent flyer from numerous previous contacts, Orinda's finest took note of his needing a signpost to assist in staying upright. After several failed attempts at completing a breathalyzer test, the subject finally did it. Perhaps he had just a few sips more than the three beers he admitted to drinking that day; his blood alcohol level was way above the legal limit. Very rarely does this reporter see "drunk in private" items in the blotter, wink wink. Stay home, sleep it off.

**Return of the known shoplifter, 9/16/09** A call from Longs drugs reported that a gentleman in his seventies came in and walked out with a bottle of alcohol. Apparently this was not his first attempt at a five finger discount, store employees recognized him. A Longs staffer followed him down the street where they met up with police. Maybe he was having a senior moment, forgetting to remember stores he had robbed.

**Smash and Grab, 9/14/09** At 7:25 in the morning an unknown suspect smashed the rear window of a Range Rover on Robert Road, that was parked in the driveway. A duffel bag of kids clothing was stolen, along with a gym bag with an iPod, sneakers and workout clothes. Sadly no witnesses.

**Smash and Grab, 9/14/09** At 7:31 in the morning, also on Robert Road just a few houses down from the original burglary, a Honda Accord parked in the owner's driveway was broken into. The front passenger window was smashed and a Garmin GPS device along with eight \$1 bills were stolen. What are the odds it was the same perpetrator? Apparently once was not enough. Is anyone sensing a theme in today's blotter?



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## City Council Hears Finance Report

By Moya Stone

The September 15th Orinda City Council meeting happened to coincide with Back to School Night at Miramonte High School, making for a sparse audience as well as Council. Nevertheless the agenda was full and among the items was the presentation of the Annual Report from the Finance Advisory Committee (FAC).

Originally called the Budget Committee, the FAC is a group of people in the financial industry who have volunteered to work with the Orinda budget for the past two cycles. This year the committee's charge was expanded to include an advisory role on financial issues. FAC member Carol Penskar presented the Council with the committee's findings and

recommendations.

Penskar congratulated Orinda on their exemplary job of managing City finances by keeping staff and City employee benefits in check and initiating non-police staff furloughs. Additionally, Orinda does not have a defined benefit pension plan, which is what's "crippling the finances of many California cities, counties, safety agencies, and even the state itself," said Penskar. However, according to FAC's findings there are two factors that will challenge Orinda's finances in the years to come—a slowing of revenue growth and the "relentless rise in the cost of the Police Services contract."

Prior to 2008 Orinda enjoyed steadily rising tax revenues, in particular property tax revenues, which

rose approximately seven percent a year. But projected property tax revenues for FY 2009 will rise by just three percent and a mere 1.6 percent in FY 2010 and 2011. This flattening of revenues will make it a burden to pay the rising costs of the County-negotiated police contract, which in FY 2007 was 27 percent of Orinda's operating budget. By 2011 the costs are expected to rise to 30 percent of the operating budget. Also by 2011, the cost of police benefits will exceed that of police salaries.

Police pension costs are scheduled to rise by an average of six percent a year beginning FY 2011. This will add over \$500,000 in additional expenses by the fifth year. "As police costs rise faster than



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Orinda revenue, each succeeding year will have a larger hole that will weigh heavily on all remaining city services including road maintenance," states the written report.

The FAC recommends that Council adopt certain policies this year to ensure continued prudent fiscal management, including a balanced budget requirement and minimum unrestricted reserves. Ad-

ditionally the committee recommends the following:

- The Council fully analyze the Police Services Study.
- Evaluate the impacts of actual property tax revenues on the budget mid-year.
- Evaluate best course of action for Prop 1A borrowing.
- Continue to work on alternative revenue sources.

## Birds Attracts Crowd

... continued from page 1



Pictured at the screening of *The Birds* at Orinda Theater are (from L to R) Lisa Labarile, Christine Shaffer, Mary Beth Tanner, and Maria Waterman  
Photo George Retelas

"This was record-breaking attendance," states Beau Behan, Program and Promotions Director for the California Independent Film Festival (CAIFF). "We have been thrilled with the reception and interest that the Festival has received here." Orinda Theater has been chosen as the site of next year's California Independent Film Festival, to be held from April 22nd to the 25th.

Movie-lovers from Lamorinda and points beyond enjoyed the festive atmosphere of the evening as they milled about outside sipping wine served by members of the Orinda Chamber of Commerce. Once inside the theater, attendees were treated to a guest appearance by Tippi Hedren, the actress who starred as Melanie Daniels—the object of avian violence in the movie.

"The film screening was a really fun event. It's great to have local access to something like this," said Moraga resident Lisa Labarile, who attended the screening with a group of friends adorned with "birds" in honor of the classic film.

*The Birds* event kicked off the previous afternoon when Ms. Hedren arrived at Orinda Theater for the unveiling of her celebrity star, which will be the first one installed as part of the theater's new Walk of Fame. About fifty people gathered on the sidewalk outside the theater to get a peak at the star, who arrived in a cherry red Asten Martin. "I'm very honored, and I hope you will enjoy seeing *The Birds* again," said Hedren.

"I'm a big fan of film festivals. They are so much fun," added the star, who recalled attending the Cannes International Film Festival when *The Birds* was the opening film. "I wore a white satin gown and cape and walked in with Mr. Hitchcock under a bridge of swords formed by two rows of French guards," said Hedren. She went on to reminisce about the Asten Martin that she drove in the film and remembered that it was a beautiful sea foam blue/green color that viewers never saw because the film was in black and white. At this point, members of the CAIFF Board pulled up to the front of the theater in the original Asten Martin from the film, surprising Hedren with the car that had been fully restored and was still sea foam blue/green.



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# Life in LAMORINDA

## Battle of the Bands

By Guy Dotan



Shoot for Roots: Sven Gamsky (left on guitar), Cole Leksan (middle on drums), and Jack Morris (right on bass), Campolinda seniors  
Photo Andy Scheck

LamORinda; BORaga; LamORinda teenagers have long bemoaned the lack of nearby entertainment and recreational opportunities. Here is where Lamorinda Teen Center Inc. comes in. This organization puts on events for locals to attend and enjoy, especially the teenagers. Their most recent event, Battle of the Bands, was held on Friday September 18th at the Moraga Commons.

The Battle of the Bands featured five different bands whose members are all local high school students performing a set of their own original songs. The five bands performing were Plastic Patriots, Shoot for Roots, Magnet for Madness, IceBox Business, and Dear Sincerely. Entrance was a mere \$2 and the Lamorinda Teen Center was able to book Loard's Ice Cream, Jamba Juice, and Berkeley's famous Top Dog to provide food at the event. In addition, all attendees were given a raffle ticket

and at the end of the show they raffled off items such as restaurant gift certificates and a basketball signed by the Golden State Warriors.

Although the food and prizes were fun features during the event, the main attraction was the performance by our astounding local teenage bands. Each band exhibited their own original music and lyrics and performed on stage in front of a crowd that filled the lawn hill in the Commons. As the event's name implies, the Battle of the Bands was a competition as well. Upon entrance everyone was given a ballot on which one could vote for their favorite performance. The winning band would receive an acoustic guitar and a large trophy provided by Guitar Center.

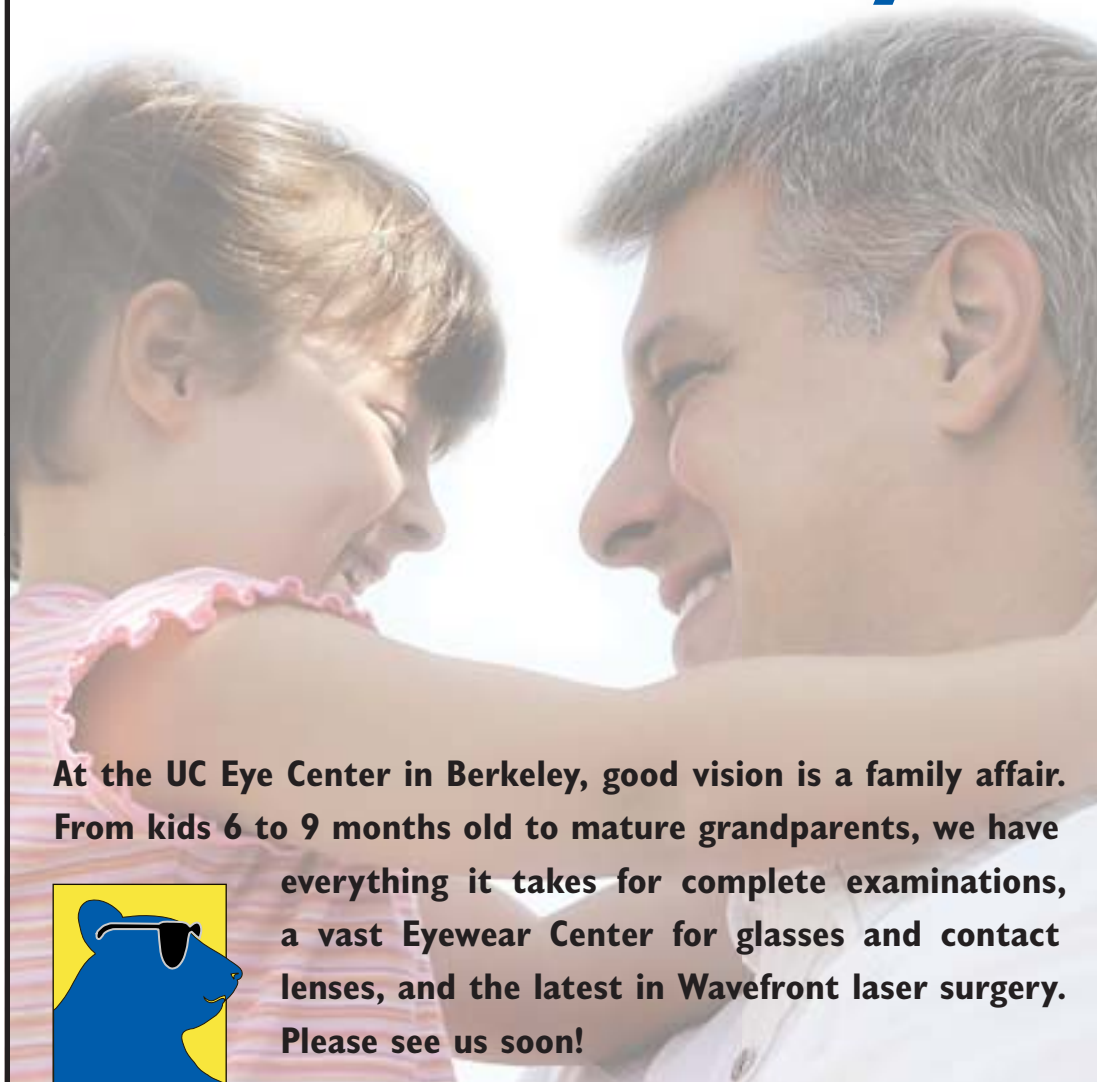
Once all the bands had performed, the votes were tallied and the result was as dramatic as could be. Of the hundreds of votes, Campolindo's Shoot for Roots and Miramonte's IceBox

Business finished in a tie. To decide the victor, in true Battle of the Bands format, a sound meter was used as a tiebreaker; Miramonte vs. Campolindo in a competition of pure enthusiasm and energy. In the end, Shoot for Roots' fans were louder with a mind-blowing cheer of 116 decibels.

Shoot for Roots consists of Cole Leksan on guitar, drums, and bass, Jack Morris on guitar, drums, and bass, and Sven Gamsky on guitar and bass. After accepting the awards with the band, Leksan described the feeling when the fans rocked the Commons with their cheering. "It was sort of overwhelming hearing all of their cheers, but it was definitely satisfying to see their enjoyment of our music." And regarding the event in general he remarked that, "Gigs like the Battle of the Bands give great recognition throughout Lamorinda and allow high school kids to hear the local music."

... continued on page 17

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Editor:

This letter is in response to the recent hate crime committed in Moraga, where a bi-racial couple had a white cross with the letters KKK written on it left in their driveway by a racist coward.

I am so deeply saddened and dismayed that such a disgusting, hate-filled racist crime has occurred in my community; a community I bought my first home in many years ago because of its pristine beauty, sense of community, excellent schools and relatively safe neighborhoods. I feel sickened and not so safe anymore.

Worse yet, I am dismayed by the fact that the community of Moraga did not make a HUGE deal of this hate crime. The Lamorinda Weekly published a non-descript blip of an article under the police blotter section titled "Moraga's Shame." Those words should have made the front page headlines! It should have read, "Shame on US, Moraga"

The community of Moraga should not only be outraged that this hate crime was committed in our community; but the fact that we, as caring citizens and neighbors have not shown a stronger and more unified outcry to denounce this disgusting act of hate and racism is sad. Through our silence and lack of action, Moraga is condoning the underlying racism that affects our community and world.

Wake up Moraga! OUR children, who we are raising in a so-called safe community, will most likely be living their adult lives outside of Moraga, in a diverse world of many religions, races, and cultures. Moraga is not a safe, beautiful community - for any of us - if we do not ALL stand up and publicly denounce such prejudice and hate in our neighborhoods, schools, workplaces, and places of worship.

I, for one, would like to extend my most sincere apologies to the couple and their families for having faced such ugliness in our community. I hope we all become more enlightened and stand together against racism and hate crimes everywhere.

Karen Saffarian  
Moraga

Editor:

Welcome one and all to Lafayette's NEW "public" dog-run. I'd like to publicly thank EBMUD and the city of Lafayette for the beautiful and much appreciated sidewalk running from opposite the new Community Center to the entrance of the Lafayette Reservoir. This new sidewalk has made it a much safer journey to the reservoir and it is truly a beautiful piece of construction. There is, sadly, one segment of our community who seem to think that this new sidewalk is actually a dog-run. A place for them to bring their beloved pet to deposit his (or her) daily load of defecation.

I've watched these owners stop to let their pet poop either directly on the sidewalk or more commonly, in the dirt area right next to the walkway. When I ask them why they're leaving the poop, I get the most interesting responses. Some people say they will pick it up on their way back, others tell me it's good for the soil, which is so not true. Dog poop spreads disease and seeps down into our local water table. Most people get angry with me and say something I can't put in print. I don't understand why THEY get angry with ME, when they are the ones clearly breaking the law.

**Moraga Council Delays Staff Move**  
... continued from page 3

"It was Moraga's first park, it predates the town's incorporation and it is simply too valuable a space to be used for Town Offices," added Bob Reynolds of the Hacienda Foundation, a volunteer group that was formed to enhance, protect, and preserve the Hacienda.

Some residents had concerns regarding the legality and safety of the move. "The Hacienda is not ADA (American with Disability Act) compliant, it is not secure for staff operation and you haven't checked into the legality of the move," said resident Alex Teller, "If you don't modify anything, you can say that you are studying, but if modifications are made, then you have to comply with the entirety of the law."

Two Council Members tried to resist the crowd's desire to keep staff from moving back in its en-

There is so much poop by our new sidewalk that it really stinks! The other day, we had our first fall shower which (normally) makes the air smell so fresh and clean. I decided a walk to the reservoir would be just the thing. With all the newly wet poop steaming along the sidewalk, the smell was overpowering. I actually had to go over to the other side of the street just to get away from the stench. Unfortunately, I could smell it way over there too.

I would like to know why so many dog owners think it's OK for them to let their dogs poop alongside our trails, sidewalks and in other peoples yards! Why don't all you dog owners go down and pick up ALL the accumulated poop? And when you see another dog owner leaving poop on the ground, say something to them!!!!

Peoples pets are just like our children. We don't leave their poop lying around for others to smell or step over. And don't even let me get started about the dogs in restaurants licking their private parts while I'm eating my meal.

Karen Engbrecht  
Lafayette

Editor:

I just read a letter to the community from the Moraga-Orinda Fire Protection Board members (F.I.R.E. Oct. 2009) in which they state they dare not consider reducing the salary of the Fire Chief or firefighters because it would undercut their ability to recruit and retain excellent firefighters. This is self-serving nonsense. Firefighting is a much sought after job in the Bay Area with an abundance of applicants for every opening. How many jobs are there in this area that provide a good wage, good health benefits, an excellent pension, and only require a high school diploma? Not too long ago, when the Oakland Fire Department had openings for trainees they had something like 5,000 applicants for a handful of positions. I guarantee that a not particularly demanding fire department like Moraga-Orinda (after all, how many blazing highrises do we have in Lamorinda) would have no difficulty finding competent applicants even if salaries and pensions were slightly reduced. I have great respect for firefighters. They have a physically demanding and at times dangerous job and deserve a decent salary and pension—but it isn't brain surgery. When the chief of a small fire department like Moraga-Orinda makes way more in his pension than most of the superintendents of school districts in Contra Costa County, it seems to me there is something terribly out of whack with our process for compensating public employees.

John O'Hare  
Moraga

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**The Astonished Witness**

By Lou Fancher



Image title: Afternoon Descent, Artist: Bill Cone, Medium: Pastel on Paper, Size: 16 x 14"

**B**ill Cone could be a petrologist. After all, he spends hours studying rocks. But Cone, a top production designer at Pixar Animation Studios and a fine artist with a growing reputation and clientele, is already riding two career tracks. Like a circus artist circling under the big top astride two horses, his position is elegant and daring.

Relaxing on the patio of his Moraga home, the elegance rises from his pacing and perspective. He leads an unhurried life, characterized by continuous development more than by arrival. "I'm always headed towards something," he says. And there's a boy-like wonder on his face, the look of an "astonished witness,"

as he calls himself. He's beguiled not only by light on surfaces, but by his own good fortune; his talented, companionable wife, his two independent children and a career bursting with daily discovery.

This isn't to say that Cone's life has been cushy or pampered. His path out of college required more than a few forays: messengering for Bechtel, playing music in bars, then moving to art, illustration, and finally, animation. There, he discovered the magic of color and the emotional resonance of light and shadow.

"It was the color scripts for Toy Story that changed everything," he says, "As soon as I got

the job of production designer on Bug's Life, I assigned myself the task of creating color scripts." The evolution of animator into fine artist had begun. Color scripts, the streamlined storyboards used to describe the look of a film in progress, were inspirational. At the same time, lunchtime bike rides offered an escape from the studio's breakneck pace and put Cone outside into nature. Equipped with color pastels, ("They're like an adult Crayola that breaks and won't hold a point, but they lay down color fast") he realized how dynamic nature is; offering him endless examples of color, texture and light. "Nature is a great teacher," he says.

Standing in the doorway bridging animation and hand-drawn art, Cone refuses to be caught in the which-is-superior argument. "Animation tools have evolved to the point where art created with either technique has expression," he explains. The secret to producing anything with emotional meaning isn't in the machine or tools used, it's in the person. "To come up with the ideas from within, that's human," he says, emphasizing man's innate creativity. "There are simple laws that function in all sorts of circumstances," he continues. He's describing the interplay of light and form, but also a philosophy of life, where finding the commonality of things and people is more important than judging the differences.

Cone's communal, fluid perspective is exemplified most fully by the annual trips he makes into the Sierras. Accompanied by 6-10 fellow artists, pack mules, two cooks and their dogs (for essential bear protection—he's brave, but not foolish,) Cone hikes into the mountains for a five-day art-marathon. The daring part comes into play during the evening sharing sessions, when each artist shows the day's work to the others. "People apologize," he says, laughing, "But it's amazing when we choose the same setting, but see something totally different."

Last April, Cone had a successful one-man show at the Studio Gallery in San Francisco. In fact, it was so successful he has few paintings left in his living room studio...which means it's time for him to straddle the bike and ride into the Lamorinda hills, searching once again for light on rocks.

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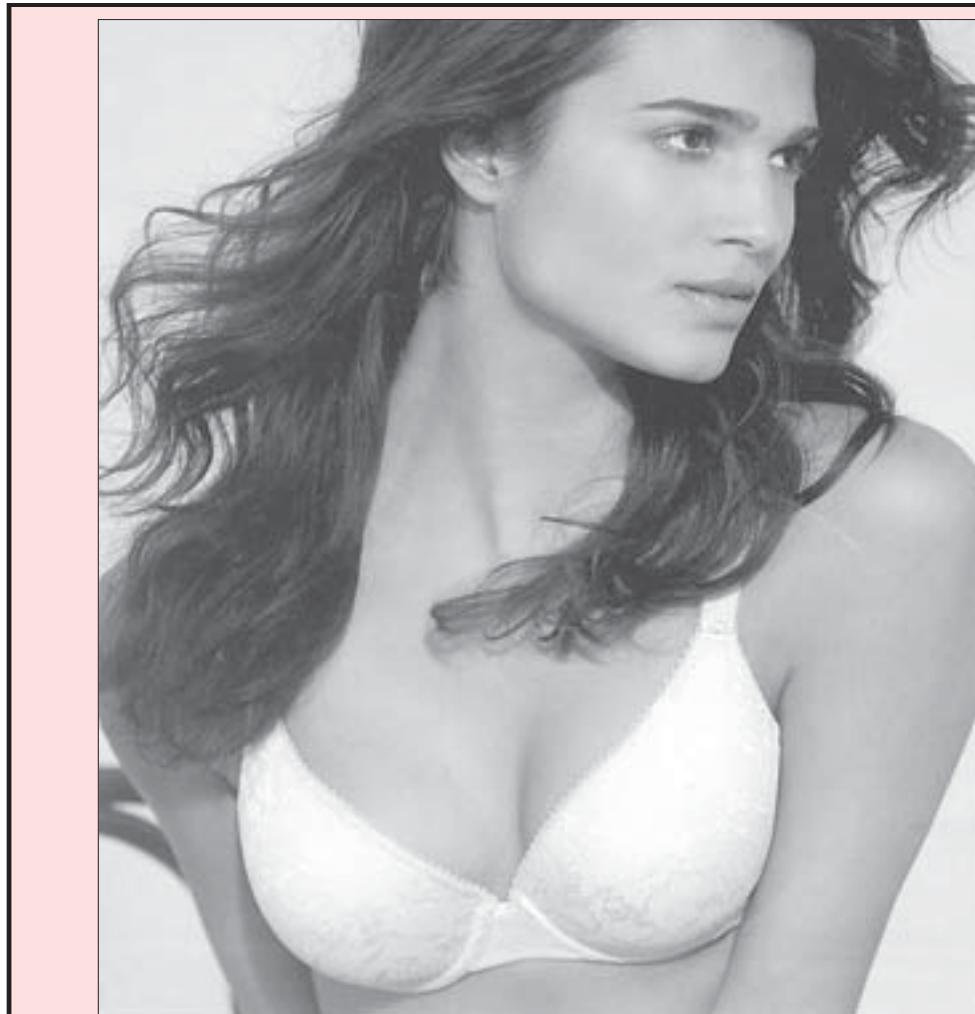
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## • Life in LAMORINDA •

### Open Opera at Orinda Community Park

By Andrea A. Firth



Open Opera on June 23rd at the Orinda Community Park

Photos provided

On Sunday, October 11th Orindans and their neighbors will be able to broaden their musical horizons beyond the folk, rock, and pop bands of the summer concert series, and hear opera sung by the artists from Open Opera—a new Bay Area company that brings free opera by professional-quality singers to the parks.

“Open Opera is really a marriage of the parks and art,” states Ellen St. Thomas, an opera singer who started the nonprofit arts organization with colleagues Olivia Stapp and Elizabeth Baker in 2008 with the goal of producing opera in free outdoor venues as a means of building community and expanding and diversifying opera audiences. “Opera-goers love the casual nature of the outdoor concerts, and newcomers to opera get a great introduction to it,” adds St. Thomas, who has also worked with several youth choruses in the area including the chorus at Campolindo High School.

Started with a couple of grants and further supported through fundraising, Open Opera has pre-

sented four concerts in the past year including a full-scale production of *The Marriage of Figaro* in Berkeley’s John Hinkel Park that was attended by over 700 spectators. The Orinda concert will feature classics and favorites from a variety of operas. “This concert will be more like opera’s greatest hits,” states St. Thomas. “The songs will be crowd pleasers such as [Verdi’s] Rigoletto quartet. The crowd always loves [the format].”

Among the 11 performers slated for the Orinda Open Opera concert are two local singers: Orinda resident Lisa van der Ploeg and Campolindo High School senior Erika Henningsen.

Van der Ploeg is a mezzo-soprano with a long resume of opera performance credits throughout the United States. One of her most recent performances occurred when she was asked to spontaneously sing at the Rotary Field Days held at her children’s school, Wagner Ranch Elementary. “I thought ‘this is crazy,’ as they handed me the microphone,” says van der Ploeg who quickly chose to sing a piece from *Carmen*,

an opera in which she has toured playing the title role. “This hush went over the crowd, and the children just marched toward me. The magic of the music was so amazing,” she adds. “I’m looking forward to bringing opera to my neighbors and other people I know. It’s great to be able to have opera in the park.”



Erika Henningsen, this year’s Orinda Idol winner in the high school age group, will also perform at the Open Opera concert. “It’s interesting to sing outside,” says Henningsen, who has performed at a number of festivals in outdoor venues. “I like being able to see the audience... to see their energy and their reactions.” Already a seasoned veteran of musical theater, Henningsen, who played the role of Belle in Campolindo’s performance of the musical *Beauty and the Beast* this past spring, will sing *Life of the Party*—the song that clinched her Idol win.

The Open Opera concert is sponsored by the Orinda Rotary Club. This family-friendly and free concert will be at the Orinda Community Park on Sunday, October 11th starting at 4:30.

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### A Perfect Pairing with the Community

... continued from page 1



The Captain’s terraced vineyard became bonded in May

Photo Andy Scheck

The Captain’s remaining children were recruited to train, prune, thin, and pick the vines and friends were enlisted as needed. Susan’s friend, Kesnija Olmer, became so committed to the vineyard that she adopted three rows of grapevines that she cares for as her own. Four years into the process, the now leafy-green vines are reaching maturity. Captain Vineyards became a bonded winery in May, the second in Lamorinda, which enables them to make and sell wine under their own label.

The Captain’s 3,500 grapevines horizontally traverse the hillside that falls away from the back of their home. The 350-step terraced vineyard has 120 lanes that are oriented to take the best advantage of the sun while minimizing erosion and provid-

ing easy access to the grapes. A panorama of golden-yellow, undulating hills serves as the backdrop for the vineyard—a picturesque landscape, which could easily be mistaken for the Napa Valley, that faces northwest toward Lafayette.

“The most important part of wine is a good grape,” states Susan, who makes sharing her knowledge and love of viticulture a priority. She has taught organic winegrowing practices to young people through the Lamorinda 4-H Club and a Miramonte High School internship program. This winter, Susan plans to begin offering classes in wine grape management to the community

In contrast to Susan’s affinity to the vine, according to Sal, “Everything starts in the

garage.” He has emerged as the enologist of the pair. After contracting with other wineries to produce their wine for the past three years, the Captains plan to gradually move the production of their vineyard’s eight tons of grapes in-house. Sal has outfitted the garage with a crusher/destemmer, press, and filter in preparation for processing 1.5 tons of grapes, which will produce about 900 bottles of their petite sirah/cabernet sauvignon blend this year. Sal has also reclaimed the naturally cool basement space below the house for bottling, storage and wine tasting. Together Susan and Sal look forward to tasting the product of this vintage, which will be released sometime in 2012.

As the Captains have watched their grapes grow, they

have also observed the propagation of vineyards in Lamorinda and had the opportunity to meet and work with other local vineyard owners through their involvement in the Lamorinda Winegrowers Association. “People who enjoy wine have a good disposition,” states Sal. “We have met some really interesting people through this adventure,” says Susan, adding, “You really have to be passionate about wine making. You have to love the land and love doing it.”

#### Lamorinda Winegrowing on the Rise

The number of backyard vineyards dotting the hills of Lamorinda is on the rise. The Lamorinda Winegrowers Association has grown exponentially since its inception in 2005 according to Dave Parker, who, with his wife Shari Simon, owns Parkmon Vineyards in Moraga. “When we first started [the Association], there were about 23 vineyards. Now we have a directory of 85 vineyards in Lamorinda,” says Parker. “About half of the vineyards are trying to produce wine from their grapes—some are home winemakers, some pay to have their wine made, and others sell or exchange their grapes for wine production,” he adds. Parkmon Vineyards, the first commercial winery established in Lamorinda, expects to produce 900 cases of wine this year with 2/3 of the grapes sourced from 11 different Lamorinda vineyards. Parkmon’s wine production has more than doubled in the past three years and the percentage of grapes sourced locally has increased two-fold.





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## • Life in LAMORINDA •

### Lamorinda Reads *The Wonderful Wizard of Oz*

By Sophie Braccini

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There are many ways to enter the Emerald City: The Hollywood way; the Wicked way; and the original 1900 Baum way, by picking up a copy of *The Wonderful Wizard of Oz*. This year, for the third annual "Lamorinda Reads" program, the three local librarians have chosen to revisit the original novel written by L. Frank Baum, and reflect on the different interpretations that have evolved over the years.

"We wanted to find a book for all generations so families can read together," said Orinda Librarian Caroline Gick, continuing, "We were inspired by the success of the play "Wicked," that presents a different twist to the story and got many adults intrigued by the original book."

"It has universal appeal for people of all ages and allows for interesting conversations about the differences between the movie and the book," adds Lafayette Librarian Susan Weaver, who believes that families bond around good reading.

There are many unique aspects to the novel that readers who only saw the movie will discover. "One of the interesting differences is that the novel never depicts Dorothy as a damsel in distress to be rescued by her friends," explains Gick, "but rather the reverse, with Dorothy, a figure heavily influenced by the feminism of Matilda Joslyn Gage, rescuing her friends (Matilda Gage was one of the leaders of the suffrage movement and Baum's mother-in-law)."

The 1939 movie interprets the Oz experience as a dream, in

which many of the characters that Dorothy meets represent the people from her home life. Gick notes that in Baum's original novel, Oz is a real place to which Dorothy would return in sequels and which would later provide a refuge for Aunt Em and Uncle Henry when they are unable to pay the mortgage on the new house that was built after the old one really was carried away by the tornado.

"The values that the movie embodies are different than those of the book," adds Frank Murray, Saint Mary's College Dean for Academic Development, who has taught a wide range of theater courses, including theater history of all periods. "The movie was shot shortly after the depression; Kansas is black and white, it is not fun and people have to work hard. In the Land of Oz, the characters are performed by the same actors as the farm hands, showing that ordinary folks who use the traditional American values of courage, good heart and smarts will succeed."

"*The Wonderful Wizard of Oz* continues to be interpreted from many angles and books continue to be published today," says Gick, "in fact, two new books on Baum and the Wizard of Oz were published in 2009 to discuss, refute and interpret the meaning of the book and Baum's writing of it. The mystique surrounding it that results from the continued interpretations and suppositions keeps its popularity and intrigue alive for teens and adults. Have a read and come to your own conclusions!"

#### Oz Events and Activities

**October 5:** Kick off! Get your book and the complete list of activities at your local library.

**October 5 - October 18:** Book cover contest for teens; design a cover for *The Wonderful Wizard of Oz* and win up to \$100 in gift cards. Open to students in grades 6-12 who either live in or attend school in Lafayette, Moraga, or Orinda. Artwork must be submitted on 8.5"x11" paper and be accompanied by the entry/release form (available on the website, <http://guides.ccclib.org/content.php?pid=20304&sid=378402>). On October 5th, after school, the Lafayette library will be set up with paper and supplies for teens to start working on their art. Deadline for entries is October 18th.

**October 7:** Play Wizard of Oz Trivia at the Lafayette library, 3:30 p.m.

**October 8:** Get Crafty at the Lafayette Library, 3:00 p.m.

**October 10:** Follow the *Yellow Brick Road, Alternate Aspects of Oz*. Saint Mary's College professors Frank Murray and Reid Davis talk about the alternate visions of Oz on stage and screen. Orinda Library, 11:00 a.m.

**October 16:** *Up Close and Personal with L. Frank Baum*, with author Angelica Carpenter, founding Curator of the Arne Nixon Center for the Study of Children's Literature at California State University, Fresno and president of the International Oz Club. Moraga Library, 3:15 p.m.

**October 18:** Wizard of Oz staged reading at the Town Hall Theatre; songs by the Theater's kids. 2:00-4:00 p.m., 3535 School St., Lafayette.


**October 20-22:** Wizard of Oz Wand Arts and Crafts, Moraga Library, 3:00-5:00 p.m.

**October 22:** Book discussion of *Wicked: The Life and Times of the Wicked Witch of the West*, Gregory Maguire's acclaimed 1995 novel. Moraga Library, 2:00 p.m.

For more information go to <http://guides.ccclib.org/content.php?pid=20304&sid=378402>.

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### Unique Art Project for Foster Youth

... continued from page 2

"That was the moment I knew I had to do something more than hang art on the walls." She committed to six weeks of Sunday afternoons, teaching teen foster youth at two Youth Homes about some of the many facets of art. "Hope Matters," a large multimedia collage, is the culmination of all their hard work.

"I think art is a gateway into our humanity - a way to tap into your value as a human being - a place to find refuge. It's especially important for at-risk kids, whether that's playing piano, gardening or poetry," said Taylor.

What started out as an art project became something much larger, "a way to address a social ill that I feel a responsibility to address as an artist and as a mother," said Taylor. Along the lower edge of the

piece is an especially poignant quote by Frank Warren, "The children the world almost break because the adults who save it."

Kathy Bowles, Development Director of Youth Homes, explains their work, "Ours is a story of stability in a sea of insanity, a commitment to neglected youth, and hope."

"Foster Care is a huge problem in California - over 68,000 youth are in foster care in California alone. Children who are abused, neglected and abandoned end up in foster care - removed from their homes by the Superior Court for their own protection. There are many different levels of foster care; placement of the kids depends on their emotional and behavioral needs. By the time kids get to our program, they have been in as many as 10-20 different placements in

their short life. The stories of these kids break your heart," said Bowles in a statement.

Youth Homes provides counseling for foster youth along with a number of other services: they recruit foster families, have an aftercare program for 16 to 25-year-olds and a mentoring program. It's a challenging undertaking for this non-profit. Although they have a variety of fundraising efforts, this year they will be hosting their first gala event, "The Art of Hope - Celebrating Youth Homes and the Power of Community" on October 10 at the Blackhawk Museum in Danville. The collaborative collage "Hope Matters" will be auctioned off to raise money for the program. For more information go to [www.youthhomes.org](http://www.youthhomes.org).



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## • Life in LAMORINDA •

### MOFD Approves 2009/2010 Budget

**By Lucy Amaral**

Knowing full well that more changes will need to be made, the Board of Directors of the Moraga-Orinda Fire District (MOFD) approved the 2009/2010 General Fund budget and the Special Revenue Fund budget at their September 16 meeting.

Because of increased county fees, pension obligation bonds, and an increase in general operational costs, MOFD's General Fund, which is funded primarily through property tax revenue, will see a shortfall of a little over \$800,000 during the next fiscal year. The Special Revenue Fund, which is funded by the Fire Flow tax, will recognize a shortfall of over \$300,000 due to costs relating to the earthquake retrofitting of Stations 41 and 43, as well as several ADA compliance upgrades that need to be completed this year.

According to Interim Fire Chief Pete Nowicki, MOFD has already taken several cost-cutting measures to address the General Fund deficit. The Board of Di-

rectors noted in this meeting that it plans to devote an upcoming Board meeting to formulate ways of cutting anywhere from one percent to four percent more out of the current budget in efforts to achieve balance. A date, however, has not been finalized.

Over and above the current shortfall is the State of California's suspension of Prop 1A, allowing the state to borrow eight percent of allocated property taxes from local governments and special districts. MOFD will be shorted over \$1.3 million dollars for the fiscal year 2009/2010. The total will be split into two equal payments, which will affect the January 2010 and May 2010 property tax allocation. With the borrowing of funds, the State would be required to repay the district, with interest, within three years.

At the moment, Nowicki said that the shortfall will be covered from funds held in MOFD's reserve. However, the State has also created an option for local governments and special districts

to ease the burden. The California Communities Development Authority, a nonprofit organization, may issue bonds on behalf of the special districts and remit the payment back to the district. This would allow special districts, such as MOFD, to recoup money borrowed by the State. Bondholders would receive their payment, with interest, from the State at a later date. As the deadline for participation is November, the MOFD Board said it will deliberate on this item at an October meeting.

Adding yet another possible fiscal glitch, the Contra Costa Assessment Appeals Board recently ruled that the County incorrectly calculated Chevron's refinery property tax. As MOFD received a portion of those taxes, and if a refund is sought, the District could be required to repay as much as \$350,000. According to Nowicki, this amount has not been included in the current financials because it is still a conceptual, future fiscal problem.

### First Oktoberfest in Moraga

**By Sophie Braccini**

In Munich, Oktoberfest starts on September 19; in Moraga, you have to wait until October 11 to start the harvest month with a celebration of abundance and good life. In Munich, almost 7 million liters of beer are consumed during the festivities. Moraga does not have such ambitions for its Oktoberfest and in fact, its version of the historical vintage festivity is family oriented, with activities and fun for all ages.

"The first objective of the Hacienda Foundation, which is organizing the feast, is to raise awareness of our beautiful facility and to provide the community with a good time," said Foundation Board Member Bob Reynolds. This free fall event will begin at 2 p.m. at the Hacienda de las Flores and will feature live German music by Big Lou the Accordion Princess, entertainment by the Golden Gate Bavarian Dance

Troupe and activities for all ages. There will be space available for all to display their skills at sidewalk chalk art, a "Sound of Music" sing-a-long and who among us can resist the opportunity to pit our yodeling skills against those of our neighbors?

The Foundation promises that the offerings of food will be abundant and at affordable prices, with Saags providing meat and chicken bratwurst, bockwurst and frankfurters. Other foods will include sauerkraut, potato salad, strudel and ice cream. Spaten beer will be available on tap, as well as wine and several choices of soft drinks. "We will probably limit the number of beers per person," promises Reynolds, "we want to maintain the good spirit that infused the Cinco de Mayo celebration that we had at the Hacienda last May."

Judy Dinkle, President of the

Hacienda Foundation, said, "We were delighted at the overwhelming response from our local residents to our first community Cinco de Mayo event this spring, and we are pleased to provide everyone in the community with another opportunity to enjoy this beautiful facility."

This year's Oktoberfest is hosted by the Hacienda Foundation of Moraga, with sponsorship by the Moraga Park and Recreation Department and volunteers from many local service organizations. Free overflow parking and shuttle service from the 5A Rent-a-Space parking lot on Moraga Road will be available beginning at 2pm on Sunday, October 11.

For more information check the website at: <http://www.oktoberfestmoraga.com>.

The Hacienda is located at 2100 Donald drive in Moraga.

### Lamorinda's Artists Open Their Doors

**By Andrea A. Firth**



Sculptor Joe Bologna and one of his scrap-metal creations. Joe will exhibit his work with artist Kris Vagner at Studio H (3405 Moraga Blvd. in Lafayette) during the Lamorinda Arts Alliance Open Studio Tour. Photo provided

The Lamorinda Arts Alliance has invited the community to come on in and take a look. The collective of local artists is opening their doors as part of the annual self-guided Open Studio Tour. Thirty-five artists will display their artwork at 15 locations throughout Lafayette, Moraga, and Orinda on October 17th and 18th between 11 a.m. and 4 p.m. each day.

An artist's studio is his or her own museum or gallery," states Kris Vagner, a Lafayette-based artist and member of the Alliance. "The Open Studio event provides a great opportunity for artists to show their work in their own space and for clients to see the work in that setting. It's really refreshing and freeing to share your work directly," she adds.

Formed 15 years ago, the Lamorinda Arts Alliance includes sculptors, painters, jewelers, glass-makers, photographers and ceramists. The Open Studio event will include artwork created from range of media in a variety of styles such as landscape paintings of the Lamorinda hills, welded iron sculptures, abstract photographs, and fused glass plates and jewelry. Light refreshments will be available at some studios. Vagner plans to have her friend, Carl Hylin, playing Irish music on the dulcimer and mandolin as art patrons peruse her work. All artists will offer their work for sale.

The Open Studio weekend will kick off with a reception at the Moraga Gallery on Friday night October 16th from 5:00 p.m. to 7:00 p.m. Artwork from the each of the participants will be on display, and the artists will be on hand to discuss their work. The pre-tour evening event provides the public with a chance to plan the route for their art tour. Maps of the tour will be available and can also be accessed at [www.laaopenstudios2009.blogspot.com](http://www.laaopenstudios2009.blogspot.com).

Whether you're looking to score a bargain, add to your fine-art collection, or just enjoy a scenic drive to meet local artists, the members of the Lamorinda Arts Alliance will have their doors open wide and welcome you to come on in.

**Shop locally whenever you can. Only your support of our local businesses will keep them open!**



# In the Back Yard

## Digging Deep—Gardening with Cynthia Tonics, Tricks and Tips in the Garden

By Cynthia Brian

"I have never had so many good ideas day after day as when I work in the garden." -John Erskine



Cynthia and her mom

A few years ago when I was writing my book, *Be the Star You Are!*—99 Gifts for Living, Loving, Laughing, and Learning to Make a Difference, my good friend and fellow author, Dr. Bernie Siegel gave me some very sage advice. "Cynthia," Bernie said, "there is nothing new in life. Don't make yourself crazy trying to reinvent the wheel. Write from your heart, be your unique self, and let your personal experiences tell the story." At first I questioned his counsel. Didn't Christopher Columbus discover a New World in his search for India? Aren't new plant species announced every spring? Surely I must have some completely original philosophy that I could share.

As I devoured book after book from all the great thinkers of the world, I realized that so many of my ideas, thoughts, and dreams that I was certain were unique to me,

had also been dreamt by other people. I had to admit that perhaps Bernie was correct and there wasn't anything absolutely original, just new ways of doing old things with practical people piggybacking on the practices of yesteryear.

I took a walk through my garden as I always do when I really need to clear my head. When I need inspiration, the garden never fails to provide fresh fodder. The evidence I sought was growing all around me. Here were plants, weeds, trees, grasses, and reeds that have been in existence for hundreds of years, perhaps thousands of years, or maybe since the beginning of time, yet, today they grow in my backyard in a fashion that I have designed and orchestrated. In fact, the plants that are the most robust are the ones that have been growing without any human interference: the heirloom tomatoes from my

childhood farm, the hollyhocks grown from seeds brought to America from my grandparents in the late 1800's, the grape vines that my dad planted for me from cuttings from

his vineyards. My most fragrant roses are my old roses while the most disease resistant are the newer hybrids. Old and new are living happily side by side.



Hibiscus

Photo Cynthia Brian



Fruit from the garden for a party

Photo Cynthia Brian

### Cynthia's Digging Deep October Gardening Guide

"The only limit to your garden is at the boundaries of your imagination." -Thomas D. Church

All of this pondering gave me the idea that my fellow gardeners might be interested in my gardening satchel of tricks, tonics and tips that incorporate time tested rituals of bygone days with the technological revolution. Because of space restrictions, I'm listing just a smattering of magic to make your garden grow this fall. Attend one of my garden lectures for further enchantment and tales of digging deep.

#### Techno Scarecrows

The best remedy I have discovered to keep the birds out of my vegetable garden and the hawks away from swooping down to kill my baby chicks is a gift of the technological age. CD's and DVD's make stupendous scarecrows! Save your unwanted or broken CD's and DVD's. String a wire across a fence or between two posts high enough so that you won't decapitate yourself when you are watering. Cut strips of wire to your desired length. Put through the CD or DVD hole and tie to the wire going across your garden. The reflection from the disks keeps the birds and other flying predators away. At Christmas, I tie ribbon through my CD's and hang from trees in my front yard for a twinkling, glittering holiday surprise. Ribbon rots, therefore it is only useful for short periods of time.

#### Vegetable Soup

When you steam vegetables, don't toss that nutritious broth. Your potted plants are thirsty and will appreciate the extra vitamin bath.

#### Dirty Nails

Although I wear both plastic gloves and leather gloves when I'm in the yard, my nails suffer. I now scrape my nails on a bar of soap before I dash into the dirt. When I'm finished pulling the weeds, pruning, and planting, all I do is scrub my fingernails with a nailbrush. Clean machine.

#### Keep Your Eye on the Bulb

Are you someone who plants bulbs in the fall, enjoys their blooms, then forgets where you planted them? Although I never dig up my bulbs, including my tulips, many gardeners do this religiously. If you have a relatively small plot, an easy way to remember where you planted your bulbs is to plant your bulbs in 4 inch pots, then plant the pots in the ground allowing a small amount of the rim to show. When it is time to dig up the bulbs, all you have to do is pull out the pot. Dust off the bulb and apply medicated baby powder, then store in burlap sacks in a dark, dry place.

#### Match Maker

When planting your fall vegetable plants, throw three or four matchsticks into each hole before planting. The sulphur kills insects as well as gives your plants a boost. Sulphur is good for the soil, too.

#### Golf Game

Wearing golf shoes in the garden is an easy way to aerate your soil. While you are at it, use an old golf bag to carry your long handled tools around the yard. Roll your shovel, rakes, and hoes to their desired destination. If your lawn is sprouting mushrooms, sprinkle dry laundry detergent as you walk with your fertilizer broadcaster. Water well. A hole in one!

#### Garlic Breath

Just like vampires, insects do not like garlic. Put a couple of cloves of garlic in each of your rose bushes to bid farewell to aphids and other nasty gnats.

#### Reading Material

Newsprint makes great mulch because the zinc in the ink keeps away bugs and insects. Save your papers and layer them about two to three inches thick on the bare ground. Cover with wood chips or other shredded mulches. The newspapers can be tilled into the soil, or left to decompose because they are wood fiber based.

#### Hot and Dry

This is definitely a new take on an old idea for drying herbs. Pick your fresh herbs and place them flat on a newspaper in the back seat of your car. Roll up the windows and park in the sun. It sounds like herb abuse, but within a day, you'll have fresh dried herbs for gifts or culinary creativity. As an added bonus, your car will be detoxified and smell great. My preferred herbs for the car dry method are mint, basil, and fennel.

#### Bounce It

Are you plagued with yellow jackets, mice, or rats? A sheet of dryer fabric softener (like Bounce) keeps these pests away. Put sheets under your house, on the patio, in your pantry, or wherever you have a problem. You'll be able to eat al fresco without the yellow buggers biting, and the rats and mice won't stay in a location that has been bounced.

#### Seed Harvest



Seed saving is as old as civilization, yet many gardeners prefer to buy new packets each year. Why not put the dollars back in your wallet, get out a brown paper bag, and harvest the pods and seeds from your bolting favorites? Clip off the ripened seeds or florets and put in the bag. Tie off the bag with a rubber band or string and hang in a cool, dark, place. In about two weeks the chaff separates from the seeds. Shake the bag vigorously.

Remove the stems, chaff, and any leaves by spreading everything on a cookie sheet. Store the seeds in a sealed jar and label with the name and the year. Coriander, dill, marigolds, zinnias, calendula, hollyhock, beans, gourds, melons, squash, fennel, parsley, and pumpkins are the simplest to harvest. Expect a great crop next season.

So there you have it! Not a complete list of all my tricks, tips and tonics, but at least a primer to get you going. Gardening is the greatest teacher and Mother Nature is the wisest mom. Of course Bernie was right. No matter what I think up, it has probably already been tried. That's okay. If a tip, trick or tonic works, bring it on!

Happy Gardening to You!

Pick up a copy of Cynthia's new book, *Be the Star You Are!* for TEENS at [www.bethestaryouare.com](http://www.bethestaryouare.com). All proceeds benefit charity.

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**Lamorinda Home Sales continued**

	<b>LAFAYETTE</b>	Last reported: 9
	LOWEST AMOUNT:	\$545,000
	HIGHEST AMOUNT:	\$2,075,000
	<b>MORAGA</b>	Last reported: 5
	LOWEST AMOUNT:	\$230,000
	HIGHEST AMOUNT:	\$930,000
	<b>ORINDA</b>	Last reported: 7
	LOWEST AMOUNT:	\$600,000
	HIGHEST AMOUNT:	\$1,200,000

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

- LAFAYETTE**
- 1825 Del Rey Street, \$679,000, 3 Bdrms, 1687 SqFt, 1961 YrBlt, 9-8-09
  - 1028 Dyer Drive, \$663,000, 3 Bdrms, 1269 SqFt, 1950 YrBlt, 8-28-09
  - 3235 Gloria Terrace, \$545,000, 2 Bdrms, 1222 SqFt, 1941 YrBlt, 8-28-09
  - 3365 North Lucille Lane, \$715,000, 3 Bdrms, 1671 SqFt, 1954 YrBlt, 9-1-09
  - 1123 Raha Drive, \$1,900,000, 4 Bdrms, 3567 SqFt, 2007 YrBlt, 9-4-09
  - 48 Sterling Way, \$755,000, 5 Bdrms, 2540 SqFt, 1995 YrBlt, 9-4-09
  - 356 Shire Oaks Court, \$910,000, 4 Bdrms, 1897 SqFt, 1965 YrBlt, 8-27-09
  - 3320 Sweet Drive, \$765,000, 3 Bdrms, 1431 SqFt, 1953 YrBlt, 9-4-09
  - 1168 Upper Happy Valley Road, \$2,075,000, 4 Bdrms, 3136 SqFt, 1979 YrBlt, 9-4-09

- MORAGA**
- 109 Ascot Court #D, \$230,000, 2 Bdrms, 1106 SqFt, 1973 YrBlt, 9-3-09
  - 256 Rheem Boulevard, \$660,000, 3 Bdrms, 1402 SqFt, 1955 YrBlt, 8-31-09
  - 1164 Rimer Drive, \$930,000, 5 Bdrms, 2583 SqFt, 1966 YrBlt, 9-1-09
  - 1300 Rimer Drive, \$870,000, 4 Bdrms, 2007 SqFt, 1963 YrBlt, 9-1-09
  - 162 Shuey Drive, \$865,000, 4 Bdrms, 2076 SqFt, 1965 YrBlt, 9-9-09

- ORINDA**
- 101 Camino Don Miguel, \$665,000, 4 Bdrms, 2990 SqFt, 1948 YrBlt, 9-3-09
  - 119 Coral Drive, \$775,000, 3 Bdrms, 1470 SqFt, 1960 YrBlt, 9-1-09
  - 95 El Toyonal, \$600,000, 2 Bdrms, 1175 SqFt, 1938 YrBlt, 9-2-09
  - 137 Lombardy Lane, \$1,100,000, 3 Bdrms, 1901 SqFt, 1950 YrBlt, 8-27-09
  - 15 Muth Drive, \$800,000, 4 Bdrms, 3045 SqFt, 1958 YrBlt, 8-28-09
  - 7 Risa Court, \$1,092,000, 3 Bdrms, 2437 SqFt, 1957 YrBlt, 8-31-09
  - 92 Van Ripper Lane, \$1,200,000, 3 Bdrms, 2791 SqFt, 1948 YrBlt, 9-3-09

**Lamorinda Foreclosures continued**

- LAFAYETTE**
- St. Marys Road, CWALT Inc., 08-28-09, \$637,500, 1866 sf, 3 bd
- MORAGA**
- Ascot Court, Federal National Mortgage, 08-13-09, \$336,100, 945 sf, 2 bd
  - Ascot Place, JP Morgan Chase Bank, 08-25-09, \$470,900, 1379 sf, 2 bd
  - Rheem Boulevard, Deutsche Bank, 08-26-09, \$726,559, 1380 sf, 3 bd
- ORINDA**
- Cascade Lane, Rww Properties, 08-27-09, \$750,100, 2078 sf, 4 bd

**The High Cost of Waiting to Purchase is Proven in the Mathematics**

**By Steve Snyder**

The media quoted the U.S. Federal Reserve (Fed) saying the Fed will not stop buying mortgage-backed securities in October as it originally planned, but will continue to buy through March 2010. But it is what they didn't say that is telling. The amount of funds will be stretched out from now through March. The Fed continuing to purchase loans initially sounded like a great idea. After analysis, however, if the budget stays neutral with the same dollars stretching through March, it will amount to one thing -- higher rates. The plan continues to keep the system moving but with less inventory of money on a monthly basis. So as the sputtering economy tries to lift its head upward with a lower dollar monthly inventory to lend for Fannie Mae to purchase, what do you think the effect on demand will be with limited supply? Econ #101 tells me rates will rise. Why? The increased demand on a smaller inventory of money. By spring 2010 don't be surprised if rates are riding around 6.125% - 6.625%. We won't notice the increase because it will come in forms of very little monthly bumps, candles ticking upward to break 6.000% somewhere in the first quarter.

Do you want to wait six months for a \$25,000 decrease in housing? If you have to pay a point higher in rate do you know how much more interest, on the average, you will pay over thirty years for an \$800K home? \$153,600.00.

My answer is spend more now with a good rate, and pay less over time. In two years if we hit a high inflation rate to overcome this depression you will be glad you bought or refinanced in 2009. Are you planning on your home equity in the next few years for college funds like so many do? It is cheaper to borrow today at 5% from your home than next year and still less than Sallie Mae (currently at 6 or 8.5% depending on your qualifications).


Over the last few years we have seen a tremendous swing in the housing market; a market we all took for granted for many years is now struggling through a correctional phase. Economists are writhing to predict the end of the cycle because they really just don't know and are afraid to admit it for the sake of their reputation. What was once a "no brainer" decision to invest in real estate now has many potential homeowners, and current homeowners who are considering refinancing a home, sitting on the fence -- waiting and watching for things to turn around.

Is this the right decision? Maybe. Is this the wrong decision? Maybe. There is no guarantee in any investment, but one thing we do know for certain is that if history tells the future then my money is in real estate. Historical data from Fannie Mae concludes that real estate in the USA has increased at an average rate of 4-5% over the last 30 years. Note that is an average. Some years we have seen large swings up and others large swings down, but in the end the curve has been in the positive.

The high cost of waiting is proven in the mathematics. While you could be holding out for property values to decline, you could end up paying much higher costs in the form of interest based on the Federal government's impending policy changes to our country's interest rates. So while you may be able to wait six months and possibly get your home for 20-30K less, a 1% or higher interest rate on a 800K home could cost you upwards of 200K over the life of a 30 yr fixed mortgage. So what are you waiting for -- to spend more money over thirty years, or buy now and spend less?

Also, by waiting a year, you are losing the tax deductibility of homeownership which could mean thousands of dollars depending on your tax bracket, as well as the notion of spending another year living somewhere you would rather not be.

Our cost of waiting analysis will help you to analyze your own numbers and make an informed decision if now is the right time for you to buy.



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# "The Best Peaches Are At Diablo Foods"

By Sophie Braccini



Bill Fujimoto (right) works with Mike Callahan outside Diablo Foods

At the last Lafayette Farmers' market two residents were having a conversation about peaches, "I think the best ones are at Diablo Foods," said local artist Marcia Barrow Taylor, "I cannot say, with certainty, that Diablo Foods peaches are 'the best,'" responded Steve Falk, Lafayette City Manager, "I can say, however, that they are something beyond delicious... way beyond." At the store, Produce Manager Mike Callahan would not disagree, "our business has grown by 15% since this summer," he said, adding, "I myself have never eaten so many fruits in

encyclopedia," says Callahan, "he knows everything about produce and where and when to find the best." Fujimoto is working as a consultant for Diablo Foods to create a beautiful outside market that features locally grown vegetables and fruits.

"Here outside we will have year round seasonal produce which comes directly from the farm and have, for the most part, never been refrigerated," says Fujimoto. "In winter, when it rains, we will have produce that has been grown under the rain and can stand it; it's like stepping in out into your own backyard to bring fresh produce directly into your kitchen." Right now Diablo Foods is featuring the last peaches of the season that are coming from higher in the mountains, and the first apples and grapes are arriving.

"I had heard a rumor in North Berkeley that Bill was leaving Monterey Market and I was very sad," said Orinda resident Sharon Krause, "but to discover that he came here is wonderful; he can get an amazing selection of local food and I do not have to go to Walnut Creek anymore."

Fujimoto is getting ready now for the winter season, "people here

Photo Sophie Braccini my life, everything tastes so good." What created this produce-induced craze at Diablo Foods? The phenomenon has a name; it is Bill Fujimoto. For those who have been hunting the best food in the Bay Area, that name is a legend.

In 1961 Tom Takumi Fujimoto and Mary Nobori Fujimoto, Bill's parents, founded Monterey Market, one of the stores of destination in North Berkeley for those seeking top quality produce. Bill was born to the business; he attended UC Berkeley, traveled the world and participated in the family business until recently. "He is an

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Ben Olsen and Lara Olsen Williamson of The Olsen Team at Village Associates Real Estate, Orinda have earned the Certified Distressed Property Expert (CDPE) designation, having completed training in foreclosure avoidance and short sales. "This is useful expertise to offer at a time when we are starting to see more foreclosure activity, even in Lafayette, Orinda and Moraga, as home values have declined in recent months," says Ben Olsen. In the Lamorinda area, more than 150 homes are in some stage of foreclosure, their owners having missed at least three payments. Short sales allow the cash-strapped seller to repay the mortgage at the price that the home sells for, even though it is lower than what is owed on the property. With property values on the decline, this can save many people from foreclosure and even bankruptcy.

### Novelx Selected as Runner-up for Wall Street Journal Technology Innovation Award

3746 Mt. Diablo Boulevard, Suite 100, Lafayette, 962-0889, www.novelx.com

Novelx, Inc. was just selected as the runner-up for a Wall Street Journal Technology Innovation Award in the Materials and Other Base Technologies category. The Wall Street Journal recognized Novelx for using silicon processing technologies to miniaturize the core technology inside a scanning electron microscope (SEM). For this year's Wall Street Journal Technology Innovation Awards, judges considered whether innovations were truly groundbreaking and whether their application would be particularly useful in a time of economic hardship.

### Mt Diablo Business Women - Event - Oct. 8, 2009

Mt. Diablo Business Women will hold a Networking Dinner on October 8 starting at p.m. at the Lafayette Park Hotel, 3287 Mt. Diablo Blvd, Lafayette. That night's topic will be: "Business Dress or Business Casual" with speaker Carole Rehbock, MCC of Consulting & Coaching Solutions. Rehbock is a coaching, consulting, and management transition expert. She specializes in leadership development, performance improvement and transition management. For info and registration please contact: www.mtidiolobusinesswomen.org. cost is \$37 for member, \$55 guest. Register Early by noon on October 5. Please no walk-ins.

### Growing Light Montessori School Adds Ballet & Creative Movement, 1450 Moraga Road, Moraga - 377-0407 - www.growinglight.net

The Moraga campus of Growing Light Montessori Schools announces the addition of two new elective programs for preschoolers. Ballet and Creative Movement have been added to the school's current electives, which include Spanish, Puppet Making, Art and Yoga. The school selected the programs based on their relationships with community partners like Star Pilates to offer children diverse experiences and the chance to try new activities while never leaving the school. The Moraga campus of Growing Light Montessori Schools is now enrolling for the 2009-2010 school year.

### News from the Three Chambers of Commerce

#### Lafayette

- The 2009 edition of the Art and Wine Festival was a huge success. "The Lafayette Police estimated the number of people who came at more than 100,000 people," reporter Chamber of Commerce CEO Jay Lifson, "Saturday was huge and Sunday may be a little too toasty!" The Chamber sold more than 30,000 tickets for wine and beer, proceeds from which will benefit the Lafayette Arts and Science Foundation. "Some of our vendors did well," added Lifson, "for others this year was just a bit off from last year, it seems that people are holding off a bit on their purchases." Overall it was a great success, with awesome entertainment. Lifson is now counting the days to the 2010 event.
- October 9, Coffee with the Mayor at 8:00 a.m. in the Lafayette Chamber Conference Room.
- October 13, Shop Lafayette Working Group at 12:30 p.m. in the Lafayette Chamber Conference Room.
- October 14, Chamber Mixer at 5:30 p.m. at Heritage Bank (Oktoberfest), 101 Ygnacio Valley Road, Suite 100, Walnut Creek.

#### Moraga

- Committee Members Needed: In order for the Chamber's new ideas to become a reality, it needs members to step forward to help. Some of the places where help is needed are: Setting up for meetings, website support, phone tree calls, setting up for mixers, manning a booth at town events. Please email Edy Schwartz at Edy321@comcast.net.
- October 7, Chamber Board Meeting, 8:00 a.m. to 9:00 a.m. at Aegis Assisted Living.
- October 27, Monthly Moraga Chamber Meeting, 6:00 p.m. to 8:00 p.m., location TBD.

#### Orinda

- October 23, Orinda Chamber October Luncheon, noon to 1:30 p.m. at the Orinda Country Club, 315 Camino Sobrante. This month's topic is "An architect's personal vision of Downtown Orinda for the next generation; opportunities for sustainable growth," by Peter Hasselman, architect, urban designer, and illustrator based in Orinda. Hasselman has been associated with such projects as the Pennsylvania Avenue master plan in Washington, DC, the new town of Reston, Virginia, the Baltimore Interstate Highway System, and the rehabilitation of the Amtrak stations and design of new maintenance facilities between Washington and Boston. As a consultant in planning and architectural design, he has participated in design projects around the world, including urban development in Seoul, Honolulu, Tokyo, San Francisco, Atlanta, Prague and Beijing; resorts in southeast Asia, the Caribbean, Mexico and Spain; and parks and exhibition centers in Korea and Dubai. He was elected a Fellow of the American Institute of Architects in 1983. Cost \$30.00 per person; RSVP 925-254-3909.

know what great food is and we just have to provide it for them," he says. He is planning to introduce new varieties at Diablo Foods; perhaps even local black and white truffles.

"Customers have been reacting very well to our new policy," says Connie Collier, daughter of store founder Ed Stokes and a great believer in partnering with local growers and vendors. "Look at those pies," added Collier (see photo), "a customer just brought them in appreciation of our work."

Diablo Foods is located at 3615 Mount Diablo Blvd, Lafayette, phone 283-0737.



Diablo Foods received a gift of freshly baked pies  
Photo provided

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.

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SCHOOL CALENDAR		
<b>School Governing Board Meetings</b>	<b>Lafayette School District</b> LAFSD Office 3477 School Street, Lafayette Wednesday, Oct. 14, 2009 at 7 pm	<b>Moraga School District</b> Joaquin Moraga Intermediate School Auditorium 1010 Camino Pablo, Moraga Tuesday, Oct. 13, 2009 at 7:30 pm
<b>Acalanes Union</b> High School District Board Room AUHSD Office 1212 Pleasant Hill Rd, Lafayette Wednesday, Oct. 7, 2009 at 7:30pm	<b>Orinda Union School District</b> OUSD Office 8 Altarinda Road, Orinda Monday, Oct. 12, 2009 at 4:00pm	

## State Budget Cuts Push PTAs, Education Foundations to Seek Broader Support

By Jennifer Wake



EFO volunteers Marcie Tuttle and Nina Clark talk with Orinda business owner Peter McNiff about school needs. Photo Jennifer Wake

Although the economy is showing glimmers of improvement, state budget cuts have kept schools scrambling for funds. Cuts are so widespread that monies which once afforded schools a way to enhance student education could now be going to supplement basic school services.

"The need is so great," says Moraga Education Foundation (MEF) president Shari Simon. "We're reaching out to the community more than ever before."

MEF, as well as the Education Foundation of Orinda (EFO) and the Lafayette Arts & Science Foundation (LASF) are fighting to keep small class sizes intact, and programs including sports, the arts, and enrichment programs from the chopping block.

The Foundations are working closely with local Chambers of Commerce and are finding unique ways to partner with other community organizations, offering their volunteers to coordinate existing events or to oversee components of new fundraising events as a way to save costs while raising funds.

"At LASF, we are carefully rethinking how we engage Lafayette residents who are not parents of school-aged children," says LASF president Barbara Serwin. "We want to enlist their considerable community pride and their natural concern for maintaining the relatively high value of Lafayette real estate that is in large part based on the quality of our public schools."

To create more value for

business partners, Serwin says LASF is redesigning its different business sponsorship opportunities so that support of LASF is clearly worthwhile in terms of traditional advertisement measures. "We are also launching a new fundraising program that targets people completely outside of our community."

To make up for the state shortfall, Moraga parents would need to give a combined PTA/MEF contribution of \$2,000 per student to keep programs untouched. "When I meet with people, I usually remind them of what they pay for preschool for three hours a day, which usually resonates with parents," Simon says. Additionally, this year MEF is encouraging community members to give a generous \$300 per family. "We've never had a recommended amount of giving for the community before."

EFO president Joan Keikaer says her organization is looking for additional ways to reach new donors as well.

"Historically, 87 percent of EFO donations come from parents. The student population isn't growing, yet school demands are growing because of budget cuts," she says. "While we've always received donations from community members, we want to broaden our base."

Like LASF and MEF, EFO has linked with community organizations and successful fundraising events coordinated through the Orinda Chamber of Commerce. On Sept. 22, EFO volunteers set up tables at local Starbucks and other

locations as part of Donation Day – a fundraiser designed to build awareness and increase giving that has been utilized successfully by MEF and LASF in the past (MEF's Donation Day is scheduled for Oct. 14).

Orinda parent Debbie Johansen, whose three children attend Orinda schools, came to the Starbucks in Orinda's Theatre Square to offer her support. "I think it's great. I think that if we have good schools, it supports our community, our home prices, and gets us all involved in community building," she says.

Business owner Peter McNiff, who next month will be opening Republic of Cake in Theatre Square, credits organizations like EFO for the quality of local schools. "They have the best schools in the state mainly due to organizations like EFO," he says.

In addition to the education foundations, local parent groups are looking for ways to expand their reach into the community.

Sleepy Hollow Elementary hopes to reach part of its fundraising goal one pumpkin at a time at their annual pumpkin patch on Oct. 17 from 11 a.m. to 3 p.m. at the school. "This year, we are really trying to reach and invite families who live in the surrounding areas and have small children but might not attend Sleepy Hollow School," says Lisa Rodriguez. In addition to a haunted house, carnival games and jump houses, there will also be a petting zoo and magician at the event.

Other schools are utilizing the Internet to expand their outreach, launching product sales that can be ordered online, even long after the end of the campaign. Last week, Stanley School kicked off its magazine drive which has helped the school raise valuable funds.

"With many parents losing their jobs, we can no longer rely on them to dig deeper into their pockets to make up for the increasing state budget cuts," Stanley School parent Amy Goodheart says. "It's going to take a village to help keep our schools running."

MEF president Simon is optimistic. "We've done it before," she says. "I really think the community is going to rally."

Submit stories to  
**schooldesk@lamorindaweekly.com**

## Class of '69 Cougars Celebrate 40th

By Jennifer Wake



40th reunion at Terzetto Cuisine Moraga. Photo Andy scheck

Nearly 150 of the 362 Campolindo graduates from 1969 gathered at Moraga's Terzetto Cuisine on Saturday, Sept. 19 to celebrate their 40th reunion, reminisce about their high school days and catch up with old friends. Reunion committee chairs Rhonda Darling, Peggy Hoffman, Barbara Coats and Robin Mortarotti spent countless hours scouring the Internet to locate alumni to invite to the event.

"I feel like we can go on to become private investigators. We

were relentless in digging people up," said Darling, who said graduates came from as far as Singapore and Alaska to attend the gathering. "It was like a giant cocktail party. People wouldn't stop talking; they were just starved for reconnection."

Darling credits Terzetto owners Roos and P.J. Pal, who worked with organizers to keep the cost down. "They were really good to us," Darling said. "The price was only \$35."

The morning before the re-

union, 32 of the Class of '69 gathered for a tour of the Campolindo campus, guided by one of Campo's teachers.

Darling said they were all impressed with the technology the students now have access to including some items, such as a CAD (Computer Aided Design), that the former students didn't have access to until college. "We felt very lucky that we went to schools in this district back then," she said. "But now? Wow."

## Troop 224 Scouts Awarded Eagle Rank

Submitted by Marilyn Bayer



left to right: David Bayer, Daniel Mayeda, and Steven Klamm. Photo submitted

Boy Scout Troop 224 of Lafayette announced the advancement of David Bayer, Daniel Mayeda and Steven Klamm to the rank of Eagle. They were recognized on September 20, 2009 during the Eagle Court of Honor at the Veterans Memorial in Lafayette. To attain the Eagle rank, a scout must successfully serve in each rank: Scout, Tenderfoot, Second Class, First Class, Star and Life. Specific requirements must be met before a scout can advance to the next rank. During Life rank, the scout must complete a series of merit badges, demonstrate troop leadership, and coordinate, execute, and document a community service project.

David Bayer led a team of volunteers who preserved Live Oak and Valley Oak trees in Briones Regional Park. They built four-foot-high wire cages around 30 saplings to prevent cows and deer from eating them. Saplings will grow into mature trees if they are not eaten or deformed, and will prevent slow the erosion on hills, provide nesting

areas for birds, and create shady areas for hikers. More Live Oak and Valley Oak trees add to the beauty of Briones Regional Park. David was a guest speaker at the Lafayette Garden Club to raise funds that offset the cost of the project. He is the son of Gregory and Marilyn Bayer, and the brother of Michael Bayer.

Daniel Mayeda planned and directed the construction of new cubbies for the kindergarten playground at his elementary school – Happy Valley. The old cubbies were splintered and had sharp corners, making them dangerous for the students. After some preliminary work at the Acalanes High School woodshop, volunteers assembled the cubby units, painted them and installed them at the playground with a Formica top. Volunteers also repaired and repainted existing equipment on the playground. This project greatly improved the playground visually and strengthened the equipment so it can be used for years to come.

Daniel would like to acknowledge Home Depot, Ace Hardware, Mt. Mike's Pizza, Happy Valley Parent's Club and Mr. and Mrs. Terry Haws for their generous donations and support of the project. He is the son of Andy and Lisa Mayeda, and the grandson of Mr. and Mrs. Masami Mayeda of Albany, Calif.

Steven Klamm designed and supervised the construction of new outdoor furniture for Acalanes High School. This included four redwood park style benches for the athletic field and a redwood picnic table with benches for the freshman quad. Due to the high expense of the materials, Steven sought and received donations from Home Depot, Piedmont Lumber, JFC Construction and numerous community members. The outdoor furniture was built over a weekend at the Design and Fabrication workshop at Acalanes High School with the assistance of instructor, Bear Begelman. Steven and fellow scouts of Troop 224 contributed 203 service hours towards this community service project. He is the son of Steve and Susan Klamm.

With 53 members, led by scoutmaster Robert Lyman, Troop 224 has an active year round program including summer camps to destinations such as Catalina Island, Sunriver, Oregon and La Paz, Mexico. They also embark on 50 mile high adventure hikes to the top of Mt. Whitney and Philmont, New Mexico. for information on joining the troop visit: www.Troop224Lafayette.com.



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## PTA Reflections Program Is Currently Underway

Submitted by Rachel Browne and Linda Murphy



Murphy Baker works on an entry at one of the Burton Valley Elementary PTA Reflections Workshops. Photo submitted

Each fall, the PTA sponsors the Reflections Program, a fine arts recognition and achievement program designed to encourage children to express their individuality and creativity through various artistic media. This fall, students at Burton Valley, Lafayette, Camino Pablo, Los Perales, and Rheem Elementary Schools and Stanley and Joaquin Moraga Middle Schools have an opportunity to participate in this program. Since late-Septem-

ber, students have been exploring and interpreting this year's theme: "Beauty is . . ."

On Oct. 15, in conjunction with a PTA meeting and Parent Education workshop, Burton Valley Elementary School will host a showcase displaying all entries it receives. It will also showcase the entries at Math Night on Oct. 22.

The value of fine arts in a child's intellectual development has been well documented. The

Reflection Program seeks to encourage students to explore and learn about various art forms. Although most entries are submitted in the visual arts category (drawings, paintings, sketches, etc.), many students submit entries in the remaining five categories: literature (poems, stories, etc.), photography, dance choreography, music composition, and film/video production. Creating art is a valuable learning process that challenges students to use their critical thinking skills as well as their creative talents as they create a piece of art that reflects their interpretation of the chosen theme. Since the program's establishment in 1969, more than ten million students have participated nationwide.

The goal is to promote art, but Reflections includes a competition in which the entries received will be critiqued against other entries from the same grade division so that outstanding work from the appropriate age and skill level can be recognized. The four grade divisions are: preschool through second grade, third through fifth grade, sixth through eighth grade, and ninth

through twelfth grade. The top entries will be advanced to the Las Trampas PTA Showcase, to be held at Walnut Creek Intermediate School on Dec. 6. The top entries from that Showcase are advanced to the District Showcase, which draws entries from all of Contra Costa County. A select few from the county are then advanced to the State Convention where they are again showcased.

Last year, three Burton Valley students had their entries advanced to the District Level Showcase that was held in January: Keily Sarica for visual arts, Marcello Severo for musical composition, and Emmersen Webb for photography. Marcello's composition was then advanced to the State Convention in May, where it received an Award of Merit.

Students interested in participating in Reflections should contact the individual schools for entry forms, rules, and deadlines.

To learn more about Reflections and to view past winners, please see <http://www.capta.org/sections/programs/reflections.cfm>.



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## Students Participate in Worldwide Song for Peace

By Jennifer Wake



Diablo Valley Montessori teachers signed the song, "Light a Candle for Peace," with students as part of a worldwide recognition of the United Nations International Day of Peace. Photo Jennifer Wake

Students from Diablo Valley Montessori School in Lafayette gathered in their front play area on Sept. 21, surrounding a lit candle and waiting for their turn to sing a song for peace that was being sung across the globe. The 120 students, who ranged in age from 3 months (although they didn't sing) to 6 years old, sang "Light a Candle for Peace" for five min-

utes while teachers kneeled before them using sign language to guide the children through the lyrics.

The song, which was coordinated in 35 countries among more than 80,000 children, was part of a worldwide campaign at Montessori schools across the globe to recognize the United Nations' International Day of Peace.

"The song made its way from

New Zealand to Hawaii and was sung in 20 languages, in 24 different time zones," Diablo Valley Montessori School Director Suzette Smith said. Diablo Valley Montessori students were assigned to sing for five minutes starting at 10:33 a.m.

"This special day coincides with our school's value education program which will highlight the values of peace, respect, tolerance

and responsibility this year," Smith said. "Maria Montessori believed in the power of children. Montessori programs emphasize learning about other cultures and the basic needs of all people. Additionally our young children are learning about what peace means and how they can incorporate peace into their lives."

According to Smith, Montessori schools founder Marie Montessori once said, "Establishing everlasting peace is the work of education; all politics can do is keep us out of war."

"This was not about the politics of peace, but about learning how to live in a peaceful world," Smith added. "The children are our future, and I personally believe that if adults across the world teach peaceful ways of interacting with each other there is hope for world peace."

In addition to the song, which included the refrain "Sing Peace Around the World," students learned about children from other cultures and the different places throughout the world where other children were singing.

"Learning about other cultures is always an ongoing part of our curriculum," Smith said. "We have puzzle maps where children can learn the names of countries, and have events that bring foods from other countries for children to taste. We want them to understand they're not the only people on the earth."

## Ask Dr. Harold

### Navigating Bipolar Disorder

By Dr. Harold Jules Hoyle, Ph.D.

Dear Dr. Harold, A student at Santa Clara recently asked me, "My nephew has been diagnosed as bipolar disorder. What does that mean and what do I do?"

At its core, bipolar disorder is a mood disorder with mania and depression as the two actors. For mania, think super elevated mood, like a child that is having a laughing attack for several days and reduced need for sleep, aggressiveness, hyper-sexuality, massive tantrums and irritability. In adolescents, drugs like speed or cocaine in their different forms will need to be ruled out because they can cause this type of increase in mood. For depressed mood, you may need to think differently for children and adolescents. Children and adolescents are more likely than adults to act out when depressed, although they can have typical depressive symptoms as well. If you have evidence of these types of mood disorders, then take your child directly to your medical doctor. This is not a time to see if the behavior is a phase or to wait it out. Although bipolar disorder is rare in children and adolescents, early diagnosis and treatment can greatly improve the prognosis.

#### What is it?

Presently, there are two main types of bipolar diagnoses; Bipolar I and Bipolar II. Bipolar I is diagnosed once a person has at least one manic episode or mixed episodes (manic and major depressive episode). Bipolar II is diagnosed when there are recurring depressive episodes with at least one hypomanic episode (an episode of elevated mood not reaching as high a degree or duration as a full manic episode).

#### Treatment

This is a disorder that will most often be treated with medication and psychotherapy. The med-

ications have significant side effects, so be sure you ask a lot of questions and monitor the side effects closely. As far as a therapist, interview and chose a therapist whose practice includes young people with this diagnosis. In school, the child or adolescent may qualify for Special Education services under the category of Emotional Disturbance. See what resources the schools have for the child as they spend a good percentage of their young lives in school.

#### What can you do?

Educate yourself and your family as to the challenges. The Child and Adolescent Bipolar Foundation is a great source of information (<http://www.bpkids.org>). Catching a manic or depressed mood before it becomes an episode can be very important. There can be other issues like ADHD or oppositional behavior present so make sure you get a full picture of the challenges that your child faces. The children I have worked with who have this disorder have real challenges. At their core, these kids are beautiful individuals with challenges in their moods and emotions.



[www.drharoldhoyle.com](http://www.drharoldhoyle.com)  
Harold can be contacted by phone or email:  
510-219-8660  
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## Girl Scout Adult Leaders Recognized

Submitted By Linda Bailey Wurgley



Council and National Award Winners Left to Right Front: Sue Olson, Cathy VandenBerge, Alison Wash, Back Row, left to right: Cathy Hopper, Jenny Burford, Anne Mitchell. Photo submitted

Lafayette Girl Scouts recently celebrated Leader Appreciation Day, honored five year anniversaries and selected Adult Leaders for truly significant service. The Northern California area council and national awards recognize outstanding accomplishments that go well beyond what would be expected for the position held.

Outstanding Leaders, Jenny Burford, Cathy Hopper, Sue Olson, Cathy VandenBerge, and Appreciation Pin recipients Linda Hargreaves and Alison Wash received

national awards for their significant contributions.

Highlights of the award criteria are: Selecting a wide range of program activities to provide leadership experience, helping girls to recognize, understand, practice the values of inclusive behavior and meeting goals in membership growth, retention, fund development, or increased community visibility.

In addition, Anne Mitchell, a Girl Scout of 43 years, received the council award, Maud Whalen Continued Exceptional Service for con-

sistently performing at a level that exceeds position expectations combined with being an exceptional role model for adults and girls. Over the years, Anne has held numerous Girl Scout, school and community leadership positions. "By her own example of leadership and service at Service Unit meetings, Leader meetings and within the community, Anne continues to inspire others to volunteer and become involved."

The evening was capped by honoring Adult Leaders whose

Ambassador Girls were graduating from high school, joining the adult ranks, attending college this Fall or beginning exciting life journeys.





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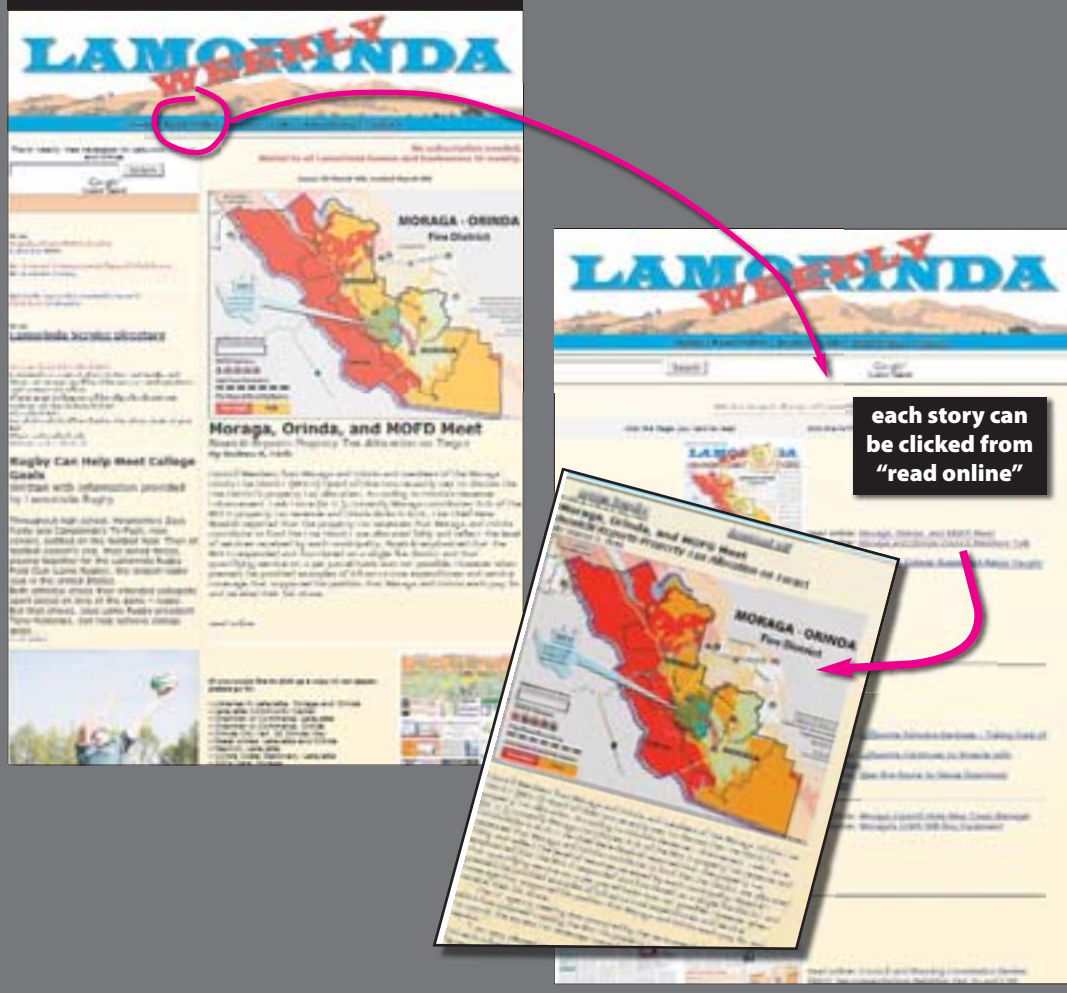
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We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions can be sent to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com), with the subject header In Service to the Community.

## Acalanes Valley & Ridge

### Neighborhood celebrates in sweet style

Submitted by Sue Keeley



Dreyer's party crowd

Photo submitted

I scream, you scream, we all scream for ice cream...and that's exactly how almost 100 residents of Acalanes Valley & Ridge Neighborhood celebrated. Cups and cones of Mango Tango, Take the Cake, French Silk and, of course, vanilla bean and chocolate were enjoyed by young and old. This award—from Dreyer's Ice Cream Neighborhood Salute—was the cherry on top of safety improvements on Stanley Boulevard and recognition of this fabulous neighborhood. New residents as well as some people who grew up as children in the neighborhood and shared great memories came to the gathering. "Caring. Connected. Com-

passionate. Family and community centered. Those words aptly describe our neighborhood...where we are proud to say we are not just neighbors but friends too," was part of the essay submitted to Dreyer's by 25-year resident Sue Keeley.

"My wife and I with our three boys were delighted to spend the summer's eve in the company of our neighbors," said Dave Roth. "We moved in two years ago and walking home in the twilight hours we talked about how great it would be to make a neighborhood get together like this a regular habit. We are grateful for new sidewalks and friendly neighbors!"

The neighborhood has spent much of the past year working with the city to install sidewalks and add traffic calming features to Stanley Boulevard. It's not unusual to see as many as 25 children walking to school along this busy street as well as many other residents and pooches. The recently installed sidewalk has made life safer for everyone.

Tatia MacKinnon, a resident of the neighborhood, said that as she walked down Stanley to the party it was heartwarming to see people coming out of their houses all along the way. "Everyone was talking about what a great way this was to celebrate our neighborhood."

## Girl Scout Gold Award Project Benefits Crisis Center



Photo submitted

Recent Campolindo grad Hillary Foss (and helpers) assembled 388 toiletry kits at the Lafayette Orinda Presbyterian Church on Aug. 19 for donation to the Monument Crisis Center as part of her Girl Scout Gold Award project. Foss was helped by Lafayette residents Chloe McCullough, Molly Davis, Madeleine and Julie Helvey, Orinda residents Hannah and Nolan Brown, and Sam and Lucy Foss, Moraga residents Ben Rudolph and Cameron Bell, and Walnut Creek resident Katie Ruefnacht.

### Probiotics:

## Good Bacteria for Dogs and Cats

By Mona Miller, DVM

The use of probiotics in veterinary medicine is becoming very popular, and certainly has a role in such disease problems as chronic diarrhea and inflammatory bowel disease. Additionally, given that the gastrointestinal tract is the largest immune organ in the body, there may be some benefit in using probiotics as a general immune stimulant. In human medicine, probiotics can be very useful in treatment plans for ulcerative colitis, inflammatory bowel disease and infectious diarrhea. However, there is still a lot that we don't know about the use of this type of supplement.

What is a probiotic? A probiotic is a protected culture of live "good" bacteria that can colonize the lower intestine. Thus, it must be protected from stomach acid so that it can move into and attach to the inner wall of the lower intestine. There the bacteria make by-products that are nourishing to the intestine and the local immune system cells found in the gut. This bacterial fermentation activity contributes 10% of daily energy requirements for humans, but only 2-7% of

maintenance energy for dogs, and very little for cats. From this it can be inferred that probiotics are more important for herbivores and omnivores than carnivores. The type of "good" bacteria varies from species to species, and the ideal probiotic should originate in the species being treated. Crossover may not be effective – that is, a human probiotic may not be beneficial for a dog or a cat.

Probiotics may have some negative effects as well, and sometimes with severe consequences. It has been demonstrated in human studies that too much probiotic in an immune-compromised individual may cause bacterial invasion of the bloodstream (septicemia). According to a recent veterinary article, there have been no reports of the same occurring in animals. However, the author of this review advised caution if probiotic supplementation was to be considered in animals who are severely immune-compromised, critically ill, or have severe intestinal disease.

There is huge variability in quality control of probiotics. These are not FDA-approved products for humans or ani-

mals. Several studies have documented inconsistencies between what appears on the label and what is actually in the product. My advice is to consult with your veterinarian and pick something that is most likely to contain what it says it does (it will probably be a veterinary product from a major company involved in nutritional research like Iams or Nestle-Purina).



Dr. Mona S. Miller lives in Lafayette with her 4 year old son, yellow Labrador Retriever and grey cat. She has worked at Four Seasons Animal Hospital in Lafayette since moving here in 2001. She attended Cal as an undergrad, and received her DVM from U.C. Davis. She can be reached at Four Seasons, 938-7700, or by email to [MonaSDVM@aol.com](mailto:MonaSDVM@aol.com).



# • COMMUNITY Service •

## MOFD Urges Moraga and Orinda Residents to "Stay Fire Smart! Don't Get Burned"

Submitted by Grace Santos, MOFD

Once a child touches a hot stove, as the cliché goes—he learns his lesson, stay away from a hot stove. This cliché does not take into account the pain and suffering from burns, and burns should not be part of the learning process. That's why the Moraga-Orinda Fire District (MOFD) is teaming up with the National Fire Protection Association for Fire Prevention Week 2009, October 4-10, to urge Moraga and Orinda residents to "Stay Fire Smart! Don't Get Burned." This year's campaign focuses on ways to keep homes fire safe and prevent painful burns. Additionally, fire safety educators will be teaching local children how to plan and practice escape from a home in case a fire occurs. The statistics are staggering. Each year roughly 3,000 people die as a result of home fires and burns, and more than 200,000 individuals are

seen in the nation's emergency rooms for burn injuries. "The most common types of burn injuries result from fire or flame burns, scalds and contact burns," said Mike Mentink, MOFD Fire Marshal. "Burns are painful and can result in serious scarring and even death. When we take extra caution in our homes to ensure that the curling iron is out of children's reach or pot handles are turned away from the edge of the stove, such injuries are entirely preventable. Keeping our homes safe from fire and preventing devastating burn injuries is a healthy change we can make happen." By following simple safety rules, you can "Stay Fire Smart! Don't Get Burned."

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.

- Have a 3-foot "kid-free" zone around the stove.
  - Never hold a child in your arms while preparing hot food or drinking a hot beverage.
  - Be careful when using things that get hot such as curling irons, oven, irons, lamps, heaters.
  - Install tamper-resistant receptacles to prevent a child from sticking an object in the outlet.
  - Never leave a child alone in a room with a lit candle, portable heater, lit fireplace or stove, or where a hot appliance might be in use.
  - Wear short or close-fitting sleeves when cooking.
  - Set your hot water temperature no higher than 120 degrees.
  - Install anti-scald valves on shower heads and faucets.
- For more information on "Stay Fire Smart! Don't Get Burned" visit [www.firepreventionweek.org](http://www.firepreventionweek.org).

The Moraga-Orinda Fire District will hold its annual Fall Open House event on Saturday, October 10th, from 10am - 3pm, at Station 41 - 1280 Moraga Way. Get information, watch live demonstrations, and talk with the firefighters about how to keep your family safe. Take a look at the emergency vehicles, firefighting and EMS equipment used to protect the citizens of Moraga and Orinda. This year features raffles, prizes, and a pumpkin carving contest. Bring in your carved pumpkin (no carving onsite) to enter the contest. Prizes will be awarded to the scariest, funniest, and most original looking pumpkins. If you have any questions about the event contact Grace Santos, Fire Prevention Secretary, at 925-258-4525.



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## Lamorinda Republican Women's Club

Submitted by Kathy Young



John Wintersteen surrounded by many of the Lamorinda Republican Women Federated who brought many items for Project Marine Care. Photo provided

Thursday, September 17th, was a good day for John Wintersteen, employee of the Lafayette Veterans' Hall, and the organization he supports, The Marine Corps League. With a

catch in his throat, John thanked Lamorinda Republican Women Federated members who donated many items to be distributed through his organization for Project Marine Care. "You just can't

imagine what it means to the soldiers to get packages like this, especially to those who don't often get a package from home." Stacks of items including personal toiletry items, iTunes cards,

international calling cards, snacks, monetary donations and more were brought by many of the over 100 members of LRWF at their monthly luncheon at the Orinda Country Club.

Jon Winterseen explained that his group provides support to our troops in Iraq, Afghanistan, Philippines, Djibouti, Kuwait and anywhere in "harm's" way." While most of their packages go to Marines and Navy Corpsmen, they also ship to the Army, Navy, Air Force, Coast Guard and Seabees any time a request comes in for them.

If anyone would like information on how to send boxes, email Jon at [steenmarine@yahoo.com](mailto:steenmarine@yahoo.com) and he will send you a Package Protocol and a list of goods that are updated periodically. If you prefer to send money to help pay for the shipping costs, send to: MCL DET 942 c/o John Wintersteen, 436 Sycamore Circle; Danville, CA 94526. For more information on Lamorinda Republican Women Federated, go to: <http://www.lamorindarepublican-women.org/index.htm>.



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## Grandparents' Day at Moraga Royale

Submitted by Denise Lemings, Moraga Royale



Gladyce Rush; four generations of family. Photo courtesy of Moraga Royale

Moraga Royale invited the community to join in their 3rd annual celebration of Grandparents Day which highlights seniors and their contribution to our society. Residents and community members came out for a fun-filled day of bar-b-que, face-painting, fire engine education, pony rides and a petting zoo filled

with rabbits, turtles, goats and a variety of reptiles. Performances by Polynesian dancers and the Lasalle Street Jazz Band entertained the crowd. We at Moraga Royale salute the volunteers and participants who gave of their time to help our seniors celebrate with fun and laughter.

## Battle of the Bands

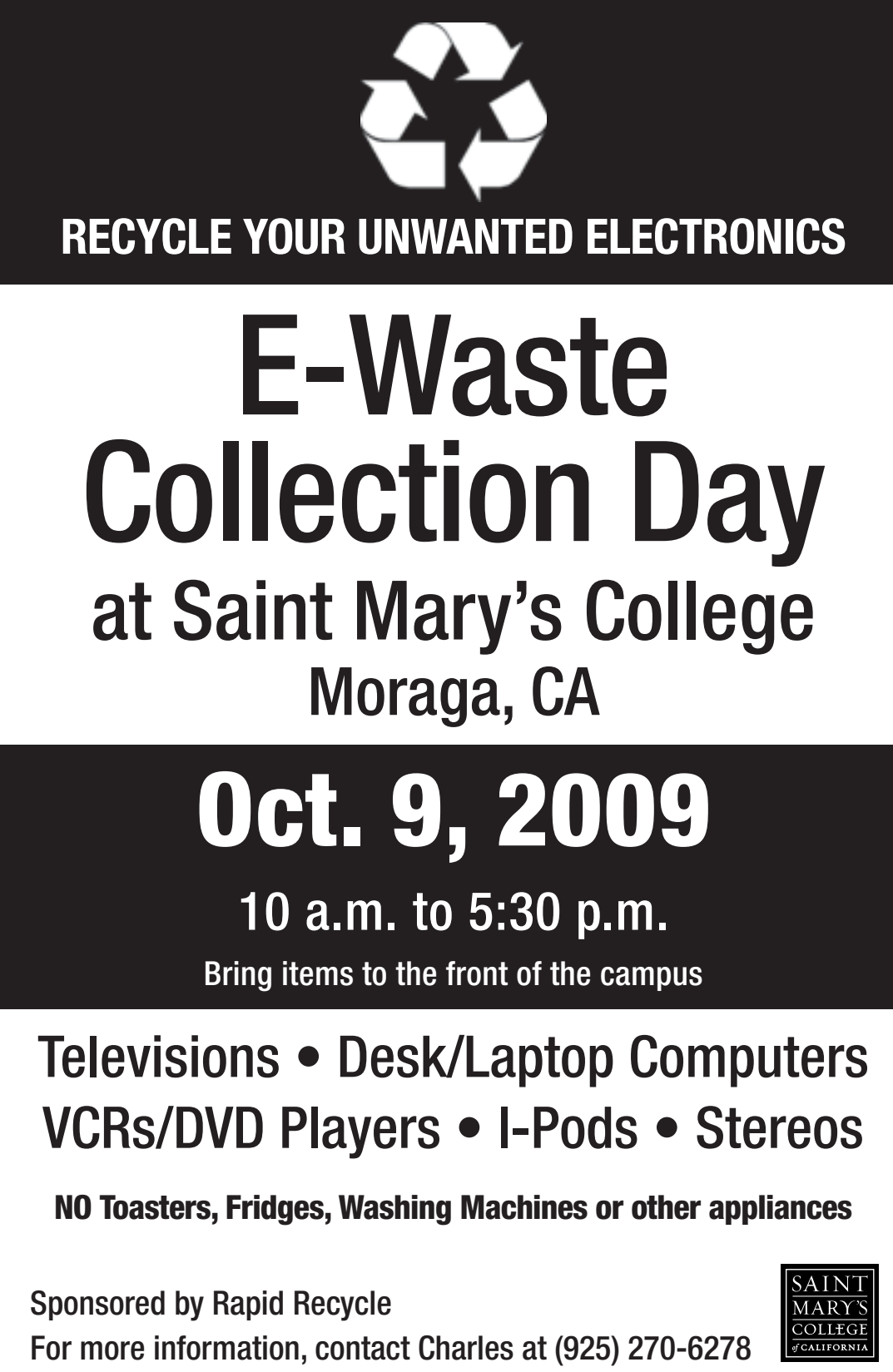
... continued from page 5


For Lamorinda Teen Center Inc. the Battle of the Bands was another successful event not just because it provided great entertainment for a Friday evening but also because of the money raised. The organization has hosted many events in order to raise money to achieve their ultimate goal. Student leader Austin Controulis stated, "The goal is to establish a fun and safe location for teens to listen to music, play games, and just

hang out. We are trying to create entertainment opportunities with our events while using the proceeds and donations to fund this ultimate goal of a Teen Center." Make sure to check out the Lamorinda Teen Center website, <http://lamoteencenter.org>, for further information. On MySpace music, many of the bands that performed have a page with samples of their songs, background about the band, and pictures.



Austin Controulis





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doubly featuring the work of painter Angelica Samame and jewelry designs by Laura Paige. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center/next to Longs Drugs. Open Tuesday through Sunday, 12-5 pm. (925) 376-5407.

**Hearst Gallery: Out of This World:** Real & Imagined Images of Our Solar System, Oct. 10 - Dec. 13. This visually dazzling exhibition chronicles the relationship between space science and art, bringing together the explorers and the artists who have illustrated their discoveries. Hours: Wednesday through Sunday, 11 am to 4:30 pm. Suggested Admission Donation: \$3. Opening Event: Sun., Oct. 11, 2 - 3:30pm. "Top Tourist Attractions in Our Solar System," with astronomer Andrew Fraknoi, Ph.D., an illustrated tour of the 4,000 mile lava channel on Venus, the towering Mount Olympus volcano on Mars and the awesome Verona Cliffs on the moon Miranda. Reception following. Free.

**Art from Out of This World Tour.** Docent Heidi Donner, of St. Mary's College, will lead us on a private tour before the gallery opens to the public. This will occur on Friday, October 16, at the Hearst Art Gallery in Saint Mary's College, from 10 - Noon. The cost is \$7 for nonmembers and \$6 for Emeritus College members. To register contact Emeritus College (925) 906-9105.

**The Monument Crisis Center** will hold its annual art show Thursday, October 8, from 5 to 8 PM in its Concord facility. Cash donations will be gratefully accepted. This is your chance to view (and buy) art by local artists and help thousands of families and individuals at the same time. 2350 Monument Blvd. Ste. B, 925.825.7751, www.MonumentCrisisCenter.org.

**Lamorinda Art Alliance Open Studios.** Lafayette, Moraga, Orinda, October 17 & 18, 11am - 4pm. An artists' reception will be held on Friday, October 16, 5pm - 7pm at the Moraga Art Gallery, 570 Center Street, Moraga. See story on page 10.

**Oliver Ranch Sculpture Tour.** Sunday, October 18th, 8:00am to 5:00pm. Orinda Arts Council Members and Friends of OAC are invited to a tour led by one of the country's most visionary collectors of the ambitious sculpture collections at Oliver Ranch in Geyserville, CA. \$130 for OAC members in good standing and \$170 for non-members. RSVP directly to Joni Binder at joni.california@gmail.com.

## MUSIC

**Big Band Ball Room Dance** (again!) Friday, October 2nd, at the Art Deco Rheem Theatre in Moraga. Doors open at 7:00 pm and the dance runs from 7:30pm through 10:00pm. Listen, watch and dance to the sound of The Big Band of Rossmoor. Tickets \$10 per person available at the Lafayette Chamber of Commerce & Rheem Theatre in Moraga. Call 284-7404 for reservations www.lafayettechamber.org.

**A concert of opera classics and favorites** will be presented by Open Opera on Sunday, Oct. 11, 2009, 4:30 at the Orinda Community Center Park - 22 Orinda Way in Orinda. Professional and up-and-coming singers will perform opera classics and favorites by Mozart, Verdi, Puccini and Bizet. Sponsored by the Orinda Rotary Club. Admission Free. Bring the whole family, a picnic basket full of goodies, and folding chairs or a blanket to lie on. See article on page 8.

**NightinGael's Concerts.** Join us for the annual fall concert performances by the Saint Mary's College student chorus; the NightinGael's. The series includes selections from the great composers, contemporary artists and a few surprises. Thursday, October 15 at 8 p.m., and Sunday, October 18, at 2 p.m. Chapel, Saint Mary's College of California, 1928 St. Mary's Rd., Moraga. Free and open to all.

## THEATRE

**Cal Shakes presents William Shakespeare's "A Midsummer Night's Dream,"** September 16-October 11 at the Bruns Amphitheater. Young lovers, human and fairy royalty, and an amateur MIDSUMMER CAST theater troupe reel through romance and spellcraft in one of Shakespeare's most hilarious and enchanting works, coproduced by Two River Theater Company (NJ). Tickets: www.calshakes.org or call the Box Office at 510-548-9666.

**Onstage Theater presents "Broadway Bound"**, the third part of Neil Simon's autobiographical trilogy which includes "Brighton Beach Memoirs" and "Biloxi Blues." Performances are at the Knight Stage 3, Leshner Center for the Arts, 1601 Civic Drive in Walnut Creek. October 9 thru November 1st. For showtimes and tickets call 943-SHOW.

**DVC Drama Presents URINE-TOWN** (the musical), "an irreverently humorous satire" from October 16 - No-

## Not to be missed

ember 8. To purchase tickets call (925) 687-4445 or, pay in person at the DVC Box Office Monday-Friday: 12-4pm and 1 hour prior to show curtain.

## LITERATURE & LECTURES

**The City of Lafayette, the Lafayette Library and Learning Center Foundation,** County Library and the local schools are sponsoring a writing contest. The contest is open to all children, youth and teens in the following age/grade divisions. Kindergarten through Grade 2 or up to age 7 and intermediate Grades 3-5 or ages 8-10: "Why I Like Libraries?" 250 words. Middle/Junior Grades 6-8 or ages 11-13: "Why is the New Lafayette Library and Learning Center Important to Me?" 500 words. Senior Grades 9-12 or ages 14+ "Why Are Libraries Important to Society?" 1,000 words. Deadline for Entries is October 15. For more information, please call the Lafayette Library at (925) 283-3872.

**The Friends of the Orinda Library's (FOL)** annual Book Fair will offer gently used and collectible books for sale on Saturday, October 3 from 10:00 a.m. to 2:00 p.m. in the Library Plaza and on the upper level concourse. The Fair offers a treasure trove of books from every genre. Trivia contest. Proceeds from the Fair help fund the purchase of new acquisitions for the Library's collections. For more information call the FOL Book Shop at 254-1358.

**"Yeshua, Understanding the Jesus We Never Knew."** Tuesday, October 20, 9:30 am - 11:30 am, Peace Room, St. Monica Parish Center, 1001 Camino Pablo, Moraga. Jeff Sloane, Director of Temporal Affairs & Catechetical Ministries, Santa Maria Parish, will use his background in psychology and religious studies to share new perspectives on Jesus. Anyone wishing to attend who needs transportation to and from the event should contact: tobrien001@earthlink.net and for babysitting information, please call 925-283-3398.

## KIDS, PARENTS & TEENS

**Orinda Idol Winners & Finalists Sing!** Orinda Library Book Fair on Saturday, October 3rd 12-1pm.

**Town Hall Theatre Costume Sale** on Saturday October 3rd from 9am to 3pm at 3430 Mt. Diablo Blvd in Lafayette, between Brown Ave and Second Street, at the former Bulter Conti Dodge Dealership. Tons of costumes including vintage, hats, military, bridal, kids, bargains and many surprises. All proceeds go to

support the Town Hall Kids theatre arts education program. Town Hall Theatre is a 501c3 non-profit organization.

**Sporting Goods Sale at Acalanes High School** - Saturday, Oct. 3rd from 10:00am - 4:00pm. Need cleats, rollerblades, tennis racquets, golf clubs? How about ski's, bikes, pads, baseballs, gloves and bats? All gently used equipment for whatever sport you play can be found at the Acalanes all sports sale! Cash and checks accepted. Proceeds benefit Acalanes High School. Call 934-1121 for further inquiries. Come get your gear!

**Teens, Stress, Perfection and Mental Health:** The Current Crisis for Girls (and Boys) on Tuesday, Oct. 13, 7:00 to 9:00pm, Miramonte HS Theatre. 750 Moraga Way, Orinda. Dr. Stephen Hinshaw, Ph.D., Professor and Chair of the Dept. of Psychology at UC Berkeley and internationally known psychologist, will share results from his 25 years of longitudinal studies of boys and girls. He will discuss his important, groundbreaking new book, The Triple Bind: Saving our Teenage Girls from Today's Pressures (Random House, 2009) and offer strategies and tools for parents and teachers to empower our teens to deal with the unique pressures of today's culture. His book will be for sale at the event, offered by Orinda Books at a discounted price that evening to support the schools. Free & no registration required. For more info go to: www.acalanes.k12.ca.us/parents.

**Amigos de las Americas, (AMIGOS)** is an international, non-profit organization that provides leadership and community service opportunities for high school students, while concurrently contributing to the well-being of hundreds of communities throughout the Americas. AMIGOS volunteers immerse themselves, during their summer, in the lives of their host communities and truly experience collaborative development work. AMIGOS is having info meetings at various locations in the East Bay including one on Oct 6 at Stanley Middle School at 7:30 pm. For other location and meeting times visit www.eastbayamigos.org.

**The Acalanes High School Cheerleaders** will be hosting a cheer & dance clinic on Wednesday, October 14th from 3:30 to 4:30PM at Acalanes High School. Participants will learn a cheer and dance routine that will be performed during the 1st quarter & half time at the October 16th Acalanes High School football game. Come join us for a day of learning & laughter, with FUN being the main goal! \$45 each partici-

## ART

**"Ten Years Together, Celebrating the 10th Anniversary of the Lafayette Gallery,"** runs through October 10th. The Gallery features work in oil, acrylic and watercolor painting, pastels, printmaking, mixed media, collage, ceramics, photography, mixed media, jewelry and glass design through October 31. The Gallery is

the member artists. Gallery hours: Tuesday - Saturday; 11AM to 5pm. (925) 284-2788. Lafayettegallery.net.

**The Moraga Art Gallery presents** a group show, "Bold Statements" by local Bay Area and Lamorinda artists showing watercolors, oil painting, collage, ceramics, photography, mixed media, jewelry and glass design through October 31. The Gallery is

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## Not to be missed

pant. Group and family discounts. To register, go to <http://sites.google.com/site/acalanescheer> or email [AHSCheer@me.com](mailto:AHSCheer@me.com) to register. Thank you for supporting the AHS Cheerleaders!

**Nor Cal Kids Triathlon** on Saturday, November 14, 9 am to about 1 pm. Miramonte High School, 750 Moraga Way, Orinda. Participation is open to all kindergarten through twelfth grade students (max 300). Each individual participant will compete by time sequentially in swim, bike and run courses. Course distances are adjusted for age appropriateness. Fee is \$40. Family discount rate is \$35. Relay Team fee is \$100. Benefits Orinda Community Fund and the Joe Loudon Memorial Foundation. For more info see [www.norcalkidstri.org](http://www.norcalkidstri.org).

### OTHER

**On Friday, October 2, 2009 The Suburban Women's Club** of Lafayette is sponsoring a 'Day at the Races' at Golden Gate Fields. Start checking the racing pages now and by October 2 you will be ready for a fun-filled day. The gates open at 9:00am; races begin at 11:00am. Tickets are \$35 and must be purchased by September 17. Tickets include admission, parking and a buffet lunch. Proceeds from this event go to charity. For tickets and more information, call Dorothy Stuckert at 925-287-9322. We hope to see you there!

**Mount Diablo Challenge** - Sunday October 4, 2009 - a 10.8 mile timed bike ride, starting at Athenian School in Danville and climbing up Southgate Road 3,249 feet to the summit of Mount Diablo. 1,000 cycling enthusiasts compete and prizes are awarded for several categories in a ceremony at the summit with food and beverages for all. All proceeds benefit Save Mount Diablo's land conservation efforts. Registration cost is \$55.00. To register please visit [www.savemountdiablo.org](http://www.savemountdiablo.org) or [www.active.com](http://www.active.com). No Day-of registration.

**Lamorinda Wildfire Forum**, Wednesday October 7th, 2009 at 7pm, Orinda Library Auditorium. This meeting will be geared for Lamorinda residents who live in areas where wildfire could spread very quickly and where evacuation routes are limited. We will discuss ways families can decrease potential fire intensity and rate of spread, ways of preparing for evacuation as well as things neighborhoods can do together to achieve these goals. There will be ample time for discussion.

**A CERT training/drill** is being held on Sunday, October 18th from 11:00 a.m. until 4:00 p.m. at the Orinda Community Center and Park. Drill participants will be the cities of Moraga, Orinda and Lafayette, the Moraga/Orinda Fire District, The American Red Cross, the Salvation Army and Lamorinda CERT. We are seeking 100 volunteers of all ages to act as simulated disaster victims for this training/drill. To volunteer, contact CERT Registrar Ken Tom at [TTKen-Tom@aol.com](mailto:TTKen-Tom@aol.com) or (925) 376-0533. Please register by October 1st. Victim volunteers will be assigned victim roles. You can choose to be made-up with simulated injuries. Please arrive at the Community Center by 11:00 a.m. Wear old clothes, closed toe comfortable shoes and a warm coat.

**Blessing of the Animals and Pet Show** will be on October 3, 1 pm St. Mark's United Methodist Church, 451 Moraga Way, (925) 254-5965. Show how you partner with your pet, their personality and style. WOW the Judges and win a \$100 Grand Prize. Finalists in the Show win a professional pet photo. Blessing and attendance is free; Registration Fee for Show, \$10. Call to register at 925-254-5965. Sponsors include East Bay SPCA.

**Bike/Walk to Work and School Day**, October 7, 2009.

**Kick Up Some Moon Dust** - Friday, October 9 (program begins at 3am). Join us for NASA's Historic LCROSS Impact. Set your alarm clock (or stay up late Thursday night) as Chabot's 36-inch reflecting telescope will be focused on the Moon, looking for the debris left from the impact of NASA's LCROSS mission. Weather permitting; see real-time video from Chabot's giant telescope plus a live video feed from NASA. \$3 per person, members admitted free. Call the Box Office for reservations today, (510) 336-7373, or go to [www.chabot.space.org](http://www.chabot.space.org).

**Guided tours and fanciful teas** are available at Oakland's beautiful and historic Pardee Home Museum. Built in 1868, the Pardee home (672 Eleventh Street in Oakland) is a treasure trove of original furnishings, arti-

facts and fine art from the last century that are a fascinating step back in time. Public and private tours are available six days a week (and can include tea with reservations). Tours without tea are \$5/person, teas range from \$12/person to \$25/person. For further information and costs on tours, teas and special event accommodations, visit our web site at [www.pardeehome.org](http://www.pardeehome.org) or call (510) 444-2187.

**Do you like working with people?** Are you good with numbers? Contra Costa County AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages. Volunteers are trained by Tax Aide and become IRS Certified tax counselors. If interested, call LaVerne Gordon, District Coordinator, at (925)335-8749 for information and to apply. Orientation is in November 2009 and classes for counselors start in January 2010.

**Softball Game and Picnic.** Join us on Friday October 2, 2009. Gates open at 9:00a.m. and close at 2:00p.m. (drops after 9 am fine!) Cost: Senior ball players and fans \$3 (Kids under 12 accompanied by an adult, \$1). Picnic food/beverages provided. If you have softball equipment, please bring it. The Lafayette Community Park, 480 Saint Mary's Rd (there will be event street signs), 2.5 miles from downtown and just up the road from the Lafayette Community Center. For more information or to sign up, call Lafayette Senior Services at 284-5050.

**How to maintain excellence in K-12** schools in spite of budget constraints - A Forum on October 20 in Moraga. School superintendents John Stockton of the Acalanes Union High School District, Richard Schafer of the Moraga School District and Joe Jaquette of the Orinda Union School District will address "Maintaining Excellent Schools in Tough Financial Times" and answer questions from the public concerning this important topic on Tuesday, October 20th at 10:00 am, at the Serbian Orthodox Church, 1700 School Street, Moraga. The forum is sponsored by the Orinda-Moraga-Lafayette branch of the American Association of University Women, it is free and open to all.

**Fantasy: A Movie Premiere.** Be the first to see this exciting new offering from PBS. Fantasy presents four artists - Cao Fei, Mary Heilmann, Jeff Koons, and Florian Maier-Aichen - whose hallucinatory, irreverent, and sublime works transport us to imaginary worlds and altered states of consciousness. Loosely organized around the theme Fantasy helps audiences analyze, compare and juxtapose the artists profiled. Wednesday, October 7, at 7pm, Soda Activity Center, Saint Mary's College, 1928 St. Mary's Rd., Moraga. Free and open to the public.

### OCTOBER FAMILY FESTIVALS & EVENTS

**Oktoberfest on Sunday October 11** - 2-6p.m. The Hacienda de las Flores, 2100 Donald Drive, Moraga. Family Fun, Live Music, Bavarian Dancers, Waltzing, Games, Activities, Sidewalk Art, Food and Drink at Affordable Prices, European sausages, potato salad, Kraut, Strudel, Ice Cream, Beer & Wine, Juice, Soft drinks. Sponsored by the Hacienda Foundation and Moraga Park and Recreation Department with assistance from Moraga service groups. See story page 10

**St. John Orthodox Church** is presenting its 16th annual Middle Eastern Festival on October 10th and 11th, from 10am to 8 pm on Saturday and 11am to 7pm. on Sunday. Enjoy a variety of Middle Eastern delicacies from our outdoor grill, indoor buffet and dessert booth. Don't forget to visit our pumpkin patch and pick up a few pumpkins to take home for the season. Exhibitors will have diverse merchandise for sale. Free entertainment will be provided throughout the 2 days, an astrojump as well as games will be available for children of all ages. Everyone is welcome, Saint John Orthodox Church is located 501 Moraga Way in Orinda.

**The Moraga-Orinda Fire District** would like to invite you to attend our Open House event on Saturday, October 10th, from 10am - 3pm, at Station 41 - 1280 Moraga Way. Join us in recognizing Fire Prevention Week. Pick-up information, watch the live demonstrations, learn how to use a fire extinguisher, and talk with the firefighters about how to keep your family safe. Take a look at the emergency vehicles, firefighting and EMS equipment used to protect the citizens of Moraga and Orinda. We're having a carved pumpkin contest too! Bring in a carved pumpkin (no carving onsite) to

## Not to be missed

enter the contest. Prizes will be awarded to the scariest, funniest, and most original looking pumpkins.

**Sleepy Hollow Elementary School** Invites Local Families to spend a fun-filled Day at its Annual Pumpkin Patch on Saturday, Oct. 17 from 11:00 a.m. - 3:00 p.m. Head over to the school's grounds, located at 20 Washington Lane in Orinda, and enjoy a day of old-fashioned fun and games with family and friends. This year's attractions and festivities include a haunted house, pumpkins, carnival games, jump houses, home-made treats, a cake walk and more.

**The Moraga Junior Women's Club** will hold its 33rd Annual Halloween Carnival on Sunday, October 25th from 10am to 2pm at Campolindo High School, located at 300 Moraga Road in Moraga. The annual Carnival is a fun and fanciful event perfect for children ages 2 to 8 years. Participants will be able to choose a pumpkin from the pumpkin patch, enjoy carnival games and hands on crafts. Pizza, snacks, refreshments and various homemade ghoulish goodies will be available to purchase. Admission is \$5 per child. Come in costume. Bring your own trick-or-treat bag and receive 3 free game tickets. For more information and online ticket sales, go to [www.moragajuniors.org](http://www.moragajuniors.org).

**Haunted House.** Please join us at the Lafayette Community Center in the Live Oak Room for a ghoulishly good time! Friday, October 23 and Saturday, October 24 from 5:00-7:00pm (not too scary; parents accompany children 7 and under); 7:30-9:30 (very scary - for children 8 and over). Ages 7 and under \$3. Ages 8 and over \$5. Sponsored by the Lafayette Youth Commission.

**17th Annual Lafayette Reservoir Run** will take place on Sunday, October 25th. The start location is on Mt. Diablo Blvd. between First St. & Moraga Rd. Registration Opens at 6:30am. Staggered Start Times: 5k 8:30am, 10k 8:45 am, 2mi run/walk(dogs and strollers ok) 9:00am. Adult registration fee: \$28; Race Day fee: \$33. Elementary school fee: \$20; Race Day fee: \$25. Register on-line at [www.lafayettechamber.org](http://www.lafayettechamber.org) or at the Chamber offices at 100 Lafayette Circle, Suite 103.(925) 284-7404.

### POLITICAL GATHERINGS

**Assemblymember Nancy Skinner** (D-Berkeley) will host a Community Forum on "The Cost of Corrections: Impact on our Communities, State Budget, and Public Safety" at Saint Mary's College on Thursday, October 1 from 7 -9pm. Panelists include Jeanne Woodford, former director of the California Department of Corrections and former warden at San Quentin Prison. This event is free and open to the public. Soda Center, Saint Mary's College, 1228 St. Mary's Rd, Moraga.

**Ygnacio Valley Republican Women** Federated meets at the Oakhurst Country Club, 1001 Peacock Creek Road, Clayton, and welcomes Laurie Firestone, the former White House Social Secretary to President George H. W. Bush to their Wednesday, October 21, 2009. Dinner Meeting. No-host Cocktails 5:30 P.M. Speaker 6:30 P.M. Dinner and Brief. Business/Legislation/Americanism 7:15 P.M. \$35 RSVP: Barbara Allen (925)672-5061 or [jngeabot@pacbell.net](mailto:jngeabot@pacbell.net). Please assist our Hospitality Ladies with payment by check or exact amount when possible (no credit cards).

### CLUBS

**Hearing Loss Association of America-**Diablo Valley Chapter, a volunteer non-profit organization, has monthly meetings that provide information, education, support and advocacy for people who suffer from hearing loss. Join us at 7:00 p.m. on first Wednesdays of the month. Walnut Creek United Methodist Church, 1543 Sunnyvale Ave., Walnut Creek; Education Bldg., Wesley Room. Meeting room and parking at back of church. All ages welcome. Donations accepted. Assistive listening system available for T-coils and most meetings are captioned. For more information, visit [www.hearinglossdv.org](http://www.hearinglossdv.org) or email [HLAADV@hearinglossdv.org](mailto:HLAADV@hearinglossdv.org).

**Come play cribbage!!!** A new cribbage club is being formed at the Sports Basement in Walnut Creek (1881 Ygnacio Valley Road). We'll play nine games every Monday evening starting at 6:00. The Sports Basement provides snacks, drinks and member discounts. This new club will be affiliated with the American Cribbage Congress (<http://cribbage.org>). Call (925) 284-3309 for further details.

## Not to be missed

**Montelindo Club general meeting** will be on Friday, October 16. The speaker will be Glen Schneider, native plant enthusiast and garden designer whose topic will be "How to Create a Wildlife Habitat Garden Using Local Native Plants." Orinda Community Church, #10 Irwin Way, Orinda, CA

94563. Refreshments and plant sale at 9 a.m., meeting at 9:30, speaker at 10:30. The meeting is free and welcomes guests and new members. Web Site: [www.montelindogarden.com](http://www.montelindogarden.com). Email contact: [montelindogarden@aol.com](mailto:montelindogarden@aol.com).

Please submit events to: [calendar@lamorindaweekly.com](mailto:calendar@lamorindaweekly.com)



**Aegis of Moraga invites you to our "Where To Go To Know" seminar event**

**"Education - The Gift that Lasts Forever"**  
How grandparents can make this their legacy.

**Saturday, October 10th**  
10:00 a.m. - 11:00 a.m.

Join us as Deana Davidson, financial advisor with Waddell & Reed, discusses how grandparents can help finance a college education for their grandchildren. Special attention will be given to the strengths and shortcomings of each method.

*Refreshments will be served*

Please RSVP to Virginia Sargent at 925-377-7900 or [Virginia.Sargent@AegisLiving.com](mailto:Virginia.Sargent@AegisLiving.com).

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### OPENING EVENTS:

**Sun., Oct. 11, 2 - 3:30pm**

**"Top Tourist Attractions in Our Solar System!"**

Featuring astronomer Andrew Fraknoi, Ph.D., an illustrated tour of the 4,000 mile lava channel on Venus, the towering Mount Olympus volcano on Mars and the awesome Verona Cliffs on the moon Miranda. Reception following. **Free.**



**Tues., Nov. 17, 7 - 8pm**

**"Exploring the Cosmos by Spacecraft and Paint Brush"**

With astronomer, artist & author William K. Hartmann, Ph.D. followed by Stargazing & Meteor Shower Watch **Free.**

**Gallery open 6:30 - 7pm** (Stargazing subject to weather condition cancellation; email [hdonner@stmarys-ca.edu](mailto:hdonner@stmarys-ca.edu) or check [www.hearstartgallery.org](http://www.hearstartgallery.org) to confirm & RSVP before Nov. 17)

[www.hearstartgallery.org](http://www.hearstartgallery.org) 925.631.4379

**Saint Mary's College of California**

On view until Dec. 13, Wed-Sun 11 am - 4:30 pm, \$3 adult admission, kids free, members free, parking free

## Big Band Ball Room Dance (again!)



*Listen, watch and dance to the sound of The Big Band of Rossmoor*

**Friday, October 2nd, 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**

available at the Lafayette Chamber of Commerce & Rheem Theatre in Moraga

**Call 284-7404 for reservations** [www.lafayettechamber.org](http://www.lafayettechamber.org)

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Make it at Home: Metro Lafayette's Tuna Poke

By Susie Iventosch

This is so exciting! The publisher at the Lamorinda Weekly received a reader request for Metro Lafayette's Ahi tuna poke recipe. Why is that so exciting, you might ask? Well, I was a Bon Appetit subscriber for about 20 years and always loved the "RSVP" section where readers requested recipes from places they'd dined. It was always fun to learn about different restaurants around the country and it was especially nice that chefs were happy to share their recipes. I could just imagine the decadent job of travelling to far-away restaurants to sample their cuisine and convince them to give me their secret recipes. Though this recipe didn't involve exotic travel plans, (too bad Metro is not in Fiji), I must thank Kelly Englehart for her interest in Metro's tuna poke that charged me with the fun task of restaurant recipe procurement.

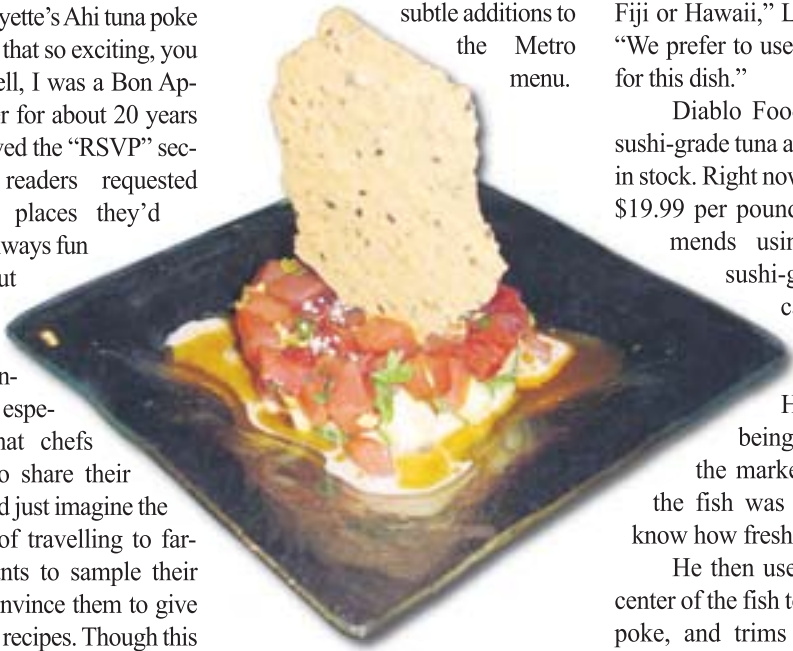
Many of the local restaurants have been terrific in sharing recipes with us, and Metro has come through once again with Englehart's request. Owners Jack and Erika (Pringsheim) Moore were delighted to help us out. Not only did Chef Paul Liao take the time one Friday morning to demonstrate how to make the dish, but he taught me what to look for in fresh tuna, how to carve up the fish, and even how to make the restaurant's signature sesame lavosh that is served with this dish.

Liao was accompanied that morning by the restaurant's new executive chef, Kirk Bruderer, who is returning to his native Lafayette after working with renowned chefs Paul Bertolli at Oliveto, David Kinch at Saratoga's Sent Sovi and Manresa and Thomas Keller at French Laundry in Yountville and Bouchon in Las Vegas. Bruderer also studied overseas, working at Marc Meneau's L'Esperance in France, and Moush-Moush in Lausanne, Switzerland.

"I am happy for the opportunity to bring what I have learned to my home town," Bruderer said.

Though he thoroughly enjoyed his cooking travels, he is glad

to be back in his old stomping grounds and able to cook for the hometown crowd. He is making subtle additions to the Metro menu.



Owner Jack Moore says he and Bruderer share similar backgrounds and standards.

"I look forward to working with someone who shares my passion for this business," he said. "I am confident that Kirk's culinary creations will be greatly enjoyed by Metro's patrons."

Menu additions include Wild King Salmon with Du Puy lentils and tarragon beurre blanc, Duck Leg Confit with mushroom-leek risotto and mustard fruits, and Crispy Braised Veal Breast with Swiss chard and parsnips.

But, one menu item the restaurant has served since it opened is the tuna poke.

"After living in Hawaii for a couple of years, with tuna poke available everywhere, I have never tasted one as delicious as Metro Lafayette's," Englehart remarked. "I order it every time I dine there and even joked to the Metro staff that I'd do dishes for an hour in exchange for the tuna poke recipe! Thank goodness I don't have to since the Lamorinda Weekly did the 'work' for me in acquiring the recipe."

In Hawaii, no gathering would be complete without a serving of poke. Poke literally means "cut piece" or "small piece" in Hawaiian. Poke (pronounced POH-kay) is the Hawaiian version of the Japanese sashimi, but served with mari-

nade and toasted sesame oil. "Our tuna is always flown in fresh the night before from either Fiji or Hawaii," Liao pointed out. "We prefer to use yellow fin tuna for this dish."

Diablo Foods carries fresh sushi-grade tuna and it is normally in stock. Right now, it is selling for \$19.99 per pound. Liao recommends using only fresh, sushi-grade, but he is careful to make sure the fish is truly fresh.

He recommends being bold and asking the market exactly when the fish was caught, so you know how fresh it is.

He then uses only the very center of the fish tenderloin for his poke, and trims out any blood lines, which are the very dark spots in the meat. He also uses what he can from the front part of the fish, because toward the head the meat has greater fat content and is therefore very tender, while the meat toward the tail is more muscular, and a little tougher.

Unless you are a fisherman and catch your own tuna, or have a deep-sea fishing friend who brings you a whole fish for your birthday, chances are you'll just purchase the tenderloin at the market and be done with it. But, just in case you ever find yourself in possession of a whole tuna, you'll now know which sections work best for sashimi, sushi or tuna poke!

To learn more about tuna poke please visit: [http://www.squidoo.com/hawaiian\\_tuna\\_poke](http://www.squidoo.com/hawaiian_tuna_poke)

**METRO LAFAYETTE**  
3524 Mt. Diablo Blvd.  
Lafayette, CA. 94549  
(925) 284-4422  
HOURS: Metro is open seven days a week from 11:00am to 11:00pm Monday - Friday and from 9:00am to 11:00pm on weekends. The bar is open until midnight. Lunch is served daily from 11:00am-3:30pm. Brunch and lunch are served weekends 9:00am-3:30pm. Dinner service begins at 3:30 daily

Metro Lafayette's Ahi Tuna Poke

(Serves 4)

INGREDIENTS

Poke

- 12 ounces sushi-grade Ahi tuna, cut into 1/4-inch cubes
- 1 tablespoon chopped ginger
- 1 tablespoon chopped scallion
- 1 tablespoon chopped cilantro
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 teaspoon Sriracha hot chili sauce (be sure to use Tuong Ot Sriracha by Huy Fong Foods available at most grocers)
- 1 whole English cucumber, seeded and cut into 1/4-inch cubes



Photos Susie Iventosch

Ginger Soy Vinaigrette

- 1-inch piece of ginger root, peeled and roughly chopped
- 3 cloves garlic
- 1/2 cup rice wine vinegar
- 1/3 cup soy sauce
- 1 cup canola oil
- 1/3 cup sesame oil



Sesame Crackers

- 1 cup all purpose flour
- 1 egg white
- 1 teaspoon salt
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds
- 1/2 tablespoon ground coriander seeds
- 1/3 cup sesame oil
- 1/2 cup water

METHOD OF PREPARATION

Ginger soy vinaigrette:

Combine ginger and garlic with rice wine vinegar and soy sauce in a blender. While the blender is running on high speed, drizzle in the combination of canola and sesame oils through the opening of the blender lid until the entire mixture turns into a thick emulsion. The vinaigrette's flavor will improve the second day, so make this a day ahead, if possible.

Sesame Cracker

Combine all ingredients with a whisk. The mixture should have a pancake batter consistency. If the batter is too thin, add more flour; add more water if the batter is too thick. Line a cookie sheet with parchment paper and spread the batter onto the parchment paper into a thin, even layer. Bake the cracker in a preheated 300-degree convection oven on the middle rack. Rotate the cookie sheet every 8 minutes to ensure even cooking. The baking process should take roughly 15-20 minutes depending upon the speed of the oven. When the cracker is done, it should feel dry in the center and should look evenly browned and crispy. Set aside to cool. Note: If you don't have a convection oven, it will take a bit longer to cook.

To assemble the dish:

Place diced tuna in a mixing bowl. In the following order, pour sesame oil onto the tuna and stir. Then add soy sauce and Sriracha and stir. Next add the ginger, scallion and cilantro and mix well. Set aside. In a separate mixing bowl, toss the diced cucumbers with 3 tablespoons of ginger-soy vinaigrette. Place a 4-inch ring mold in the center of each serving plate. First spoon the cucumbers into the ring mold, making an even layer on the bottom. Next place the tuna on top of the cucumbers. Use the back of the spoon to pack the tuna tightly into the ring mold. Insert a piece of sesame cracker into the ring mold, then carefully remove the ring mold from the plate and serve. (Note: Since I don't have 4-inch ring molds, when I served the dish to my dinner guests, I used individual glass bowls, so the layering effect was visible and this worked very well. Metro originally served this dish in martini stems, which would be a very nice touch for the home cook, too!)

Metro suggests pairing this dish with a sparkling rose.

These recipe is available on our web site. Go to: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) Susie can be reached at [suziven@gmail.com](mailto:suziven@gmail.com)

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For your convenience:

Lamorinda Restaurant Listing

Print or download a handy list of Lafayette, Moraga and Orinda restaurants by category or location.

You can find most of the recipes published in the Lamorinda Weekly on our website

www.lamorindaweekly.com

LAMORINDA's Restaurants

... updated September 16, 2009 ...

<b>American</b>	Bistro, 3287 Mt. Diablo Blvd, Laf, 283-7108	Lily's House, 3555 Mt. Diablo Blvd #A, Laf, 284-7569	Postino, 3565 Mt. Diablo Blvd, Laf, 299-8700	Pennini's, 1375 Moraga Rd, Mor, 376-1515
	Chow Restaurant, 53 Lafayette Cir, Laf, 962-2469	Mandarin Flower, 581 Moraga Rd, Mor, 376-7839	Ristorante Amorama, 360 Park St, Mor, 377-7662	Round Table Pizza, 361 Rheem Blvd, Mor, 376-1411
	Quiznos, 3651 Mt. Diablo Blvd, Laf, 962-0200	Panda Express, 3608 Mt. Diablo Blvd, Laf, 962-0288	<b>Japanese</b>	Round Table Pizza, 3637 Mt. Diablo Blvd, Laf, 283-0404
	Ranch House, 1012 School St, Mor, 376-5127	Szechwan Chinese Restaurant, 79 Orinda Way, Ori, 254-2020	Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor, 376-0809	Village Pizza, 19 Orinda Way # Ab, Ori, 254-1200
	Terzetto Cuisine, 1419 Moraga Way, Mor, 376-3832	Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf, 283-1688	Blue Ginko, 3518-A Mt. Diablo Blvd, Laf, 962-9020	Zamboni's Pizza, 1 Camino Sobrante # 4, Ori, 254-2800
	The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf, 283-1234	Yan's Restaurant, 3444 Mt. Diablo Blvd, Laf, 284-2228	Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930	<b>Sandwiches/Deli</b>
<b>BBQ</b>		<b>Coffee Shop</b>	Kane Sushi, 3474 Mt. Diablo Blvd, Laf, 284-9709	Bianca's Deli, 1480 Moraga Rd # A, Mor, 376-4400
Bo's Barbecue, 3422 Mt. Diablo Blvd, Laf, 283-7133		Millie's Kitchen, 1018 Oak Hill Rd #A, Laf, 283-2397	Kirin Sushi, 356 Park Street, Mor, 376-2872	Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori, 254-7202
<b>Burger Joint</b>		Squirrel's Coffee Shop, 998 Moraga Rd, Laf, 284-7830	Niwa Restaurant, 1 Camino Sobrante # 6, Ori, 254-1606	Kasper's Hot Dogs, 103 Moraga Way, Ori, 253-0766
Flippers, 960 Moraga Rd, Laf, 376-8888		Village Inn Café, 204 Village Square, Ori, 254-6080	Serika Restaurant, 2 Theatre Sq # 118, Ori, 254-7088	Noah's Bagels, 3518 Mt. Diablo Blvd, Laf, 299-0716
Nation's Giant Hamburgers, 400 Park, Mor, 254-8888		<b>Continental</b>	Yu Sushi, 19 Moraga Way, Ori, 253-8399	Orinda Deli, 19 F Orinda Way, Ori, 254-1990
Nation's Giant Hamburgers, 76 Moraga Way, Ori, 254-8888		Petar's Restaurant, 32 Lafayette Cir, Laf, 284-7117	<b>Mediterranean</b>	Subway, 396 Park St., Mor, 376-2959
<b>Café</b>		Vino Restaurant, 3531 Plaza Way, Laf, 284-1330	Petra Café, 2 Theatre Sq # 105, Ori, 254-5290	Subway, 3322 Mt. Diablo Blvd #B, Laf, 284-2627
Ferrari- Lucca Delicatessens, 23 Lafayette Cir, Laf, 253-9894		Duck Club Restaurant, 3287 Mt. Diablo Blvd, Laf, 283-7108	Oasis Café, 3594 Mt. Diablo Blvd, Laf, 299-8822	Subway, Theatre Square, Ori, 258-0470
Geppetto's cafe, 87 Orinda Way, Ori, 299-1372		<b>French</b>	Turquoise Mediterranean Grill, 70 Moraga Way, Ori, 253-2004	<b>Seafood</b>
Mamounia Express Cafe, 3732 Mt. Diablo Blvd # 179, Laf, 299-1372		Chevalier Restaurant, 960 Moraga Road, Laf, 385-0793	<b>Mexican</b>	Yankee Pier, 3593 Mt. Diablo Blvd, Laf, 283-4100
Rising Loafer, 3643 Mt. Diablo Blvd Ste B, Laf, 284-8816		Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930	360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf, 299-1270	<b>Singaporean/Malaysian</b>
Susan Foord Catering & Cafe, 965 Mt. View Dr., Laf, 299-2469		<b>Hawaiian Grill</b>	Casa Gourmet Burrito, 3322 Mt. Diablo Blvd, Laf, 284-4415	Kopitiam, 3647 Mt. Diablo Blvd, Laf, 299-1653
<b>California Cuisine</b>		Lava Pit, 2 Theatre Square, St. 142, Ori, 253-1338	El Charro Mexican Dining, 3339 Mt. Diablo Blvd, Laf, 283-2345	<b>Steak</b>
Artisan Bistro, 1005 Brown St., Laf, 962-0882		<b>Indian</b>	El Jaro Mexican Cafe, 3563 Mt. Diablo Blvd, Laf, 283-6639	Casa Orinda, 20 Bryant Way, Ori, 254-2981
Metro Lafayette, 3524 Mt. Diablo Blvd, Laf, 284-4422		Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf, 962-9575	La Cocina Mexicana, 23 Orinda Way, Ori, 258-9987	<b>Tea</b>
Shelby's, 2 Theatre Sq, Ori, 254-9687		<b>Italian</b>	Mucho wraps, 1375-B Moraga Way, Mor, 377-1203	Patisserie Lafayette, 71 Lafayette Cir, Laf, 283-2226
<b>Chinese</b>		Giardino, 3406 Mt. Diablo Blvd, Laf, 283-3869	Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf, 283-8740	Tea Party by Appointment, 107 Orinda Way, Ori, 254-2206
Asia Palace Restaurant, 1460 B Moraga Rd, Mor, 376-0809		La Finestra Ristorante, 100 Lafayette Cir, #101, Laf, 284-5282	Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf, 283-8288	<b>Thai</b>
Chef Chao Restaurant, 343 Rheem Blvd, Mor, 376-1740		La Piazza, 15 Moraga Way, Ori, 253-9191	El Balazo, 3518D Mt. Diablo Blvd, Laf, 284-8700	Amarin Thai Cuisine, 3555 Mt. Diablo Blvd #B, Laf, 283-8883
China Moon Restaurant, 380 Park St, Mor, 376-1828		Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf, 284-3081	Maya Mexican Grill, 74 Moraga Way, Ori, 258-9049	Baan Thai, 99 Orinda Way, Ori, 253-0989
The Great Wall Restaurant, 3500 Golden Gate Way, Laf, 284-3500		Michael's, 1375 Moraga Way, Mor, 376-4300	Numero Uno Taqueria, 3616 Mt. Diablo Blvd, Laf, 299-1333	Royal Siam, 512 Center Street, Mor, 377-0420
Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori, 253-9852		Mondello's, 337 Rheem Blvd, Mor, 376-2533	<b>Pizza</b>	Siam Orchid, 23 Orinda Way # F, Ori, 253-1975
		Pizza Antica, 3600 Mt. Diablo Blvd, Laf, 299-0500	Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf, 283-6363	<b>Vietnamese</b>
		Pizzeria Amorama Restaurante, 65 Moraga Way, Ori, 253-7662	Mountain Mike's Pizza, 504 Center St, Mor, 377-6453	Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor, 376-7600

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# SPORTS LAMORINDA'S LOCAL SPORTS NEWS

## Hot Weather No Match for Lady Mats

Miramonte Tennis Outlasts Heat and Campolindo

By Kevin Shallat



Carolyn Esserman

Photo Doug Kohen

High school women's tennis was back in full swing on Tuesday, September 22, as the Lady Matadors hosted the Lady Cougars in a league showdown that pitted two one-loss teams against each other. Despite a strong showing from some of their younger players, and a solid effort in their doubles matches, Campolindo was unable to stop Miramonte in the singles matchups, as Miramonte went on to win by a score of 7-2. Both teams did well competing in the sweltering Indian summer heat, which reached the high nineties.

Miramonte came into this match with a 9-1 overall mark and a 2-0 record in league play. Their only loss came against a powerful Mission San Jose team in the James Logan tournament. Campolindo had an equally impressive record coming into this matchup, sporting an 8-1 overall record, with a 2-0 league mark. Their only loss came at the hands of Miramonte in the finals of the James Logan tournament.

Miramonte got off to a fast start after their #1 seed, junior Anastasia Kaiser, won her match 6-1, 6-0. Referring to her opponent, Nicole Wedlake, Kaiser said "We're friends; I hope that next time we play, we'll be able to have just as much fun as today."

"We've played teams that

ways gives it her best," said Miramonte head coach Mark LeHocky.

Miramonte sophomore Hanne Andersen used her strong forehand to win the #2 seed singles match 6-3, 6-1.

Despite a short lapse in the second set, Miramonte senior Carolyn Esserman was able to use good footwork and a strong second serve to outlast Campolindo's Natalie Korich, 6-1 and 7-6, after a 7-2 second set tie-breaker.

The Cougars made a good impression on the Matadors with their strong doubles play. Freshman Miranda Hill and sophomore Karina Lameraner won their match for the Cougars 6-4, 6-2.

Campolindo's lone singles victory came from none other than a freshman, Tori Perella, who showed that she will be a force for years to come. Perella won her match 7-5, 7-6, after a 7-3 second set tiebreaker. Perella may be a freshman, but she plays like an upperclassman and she understands the significance of the rivalry. "It's not like we're enemies, but it's still a pretty big rivalry," said Perella.

"She (Perella) played really well the last two matches, very solid and steady and composed, especially for a freshman," said Campolindo head coach Steve Robinson.

Miramonte hosts Acalanes tomorrow, Thursday, October 1st and Campolindo has a bye.

have brought kids that are in the top ten in the nation, in her [Kaiser's] age group, and she doesn't always win, but she al-



Anastasia Kaiser

Photo Doug Kohen

## Tradition Lives On

Miramonte Boy's Waterpolo Hosts Annual Alumni Game

By Justine Sgalio

Tradition was upheld Friday, September 25, at Miramonte High School's annual men's water polo alumni game where the undefeated alumni took the 16-11 victory against the varsity squad at Bill Brown Aquatic Center in Orinda.

With close to 50 Miramonte men's water polo alumni in attendance and countless parents, family and friends from over the decades on hand to cheer them on, the teams took to the pool to battle it out.

The alumni took an early lead but the Matadors stayed in the game coming back to make it 5-4 alum at the end of the first quarter with the help of Miramonte's Joey Fabian, junior, and a breakaway goal at by senior Zach Taapken with 25 seconds to go.

The Matador defense and sophomore goalie Tyler Barker allowed the alumni only three goals in the second quarter, scored by veterans Andrew Dennis, Sean Joy and Miramonte's own assistant coach Chris Lathrop. The goals gave the alumni the lead, 8-6, heading into halftime.

The Miramonte offense battled back after the break, with goals from sophomore Robbie Fluegge, Fabian and the team's co-captain,

senior John Holland, but their efforts could not match the force of the alumni squad. The alumni scored six goals in the third quarter, one from Miramonte's own head coach James Lathrop, making it 14-9 alum, going into the fourth.

The Mat's defense held the alumni to only two goals in the fourth, but were not able to come away with the win. The alum maintained their tradition of victory with a 16-11 win.

"The alumni game is a fun tradition that shows how special Miramonte water polo has been to so many people," said Miramonte head coach James Lathrop.

The alumni game began over 20 years ago at the lead of former Miramonte head coach, now coach emeritus, Bill Brown. Brown founded Miramonte's water polo program in 1967, where he was the head coach for 37 years.

"When you're younger and you're a coach, you're really worried about the next game, and you lose track of the people you became friends with," said Brown. "The alumni game allows you to do that. You realize that all these guys have become friends. Now I see their kids, some of whom have gone

through our water polo program here at the high school...it's a great tradition to have."

"Bill is the one person who really bridges all these years," said Lathrop. "He's the reason for all this. It's a really great tribute to him."

The event truly proved to be a family affair, as father-son duo Bob and Teagan Hoover matched up on opposing sides to duke it out.

"I've been playing in the alumni game off and on for 20 years, and this was a goal I set," Bob said. "I knew I had to stick it out and stay in shape so I could have this opportunity to play against him one time in my life. It's been a great, great experience."

Teagan, a junior, was excited to face off with his dad, the man who taught him the game growing up, in a real game situation.

"He's the one who taught me how to play, but I've never played against him in an actual game. It was a fun experience to be in the water together," Teagan said. "Maybe someday I can even play against my son."

Miramonte heads to Alhambra on Wednesday for their first league game of the season.

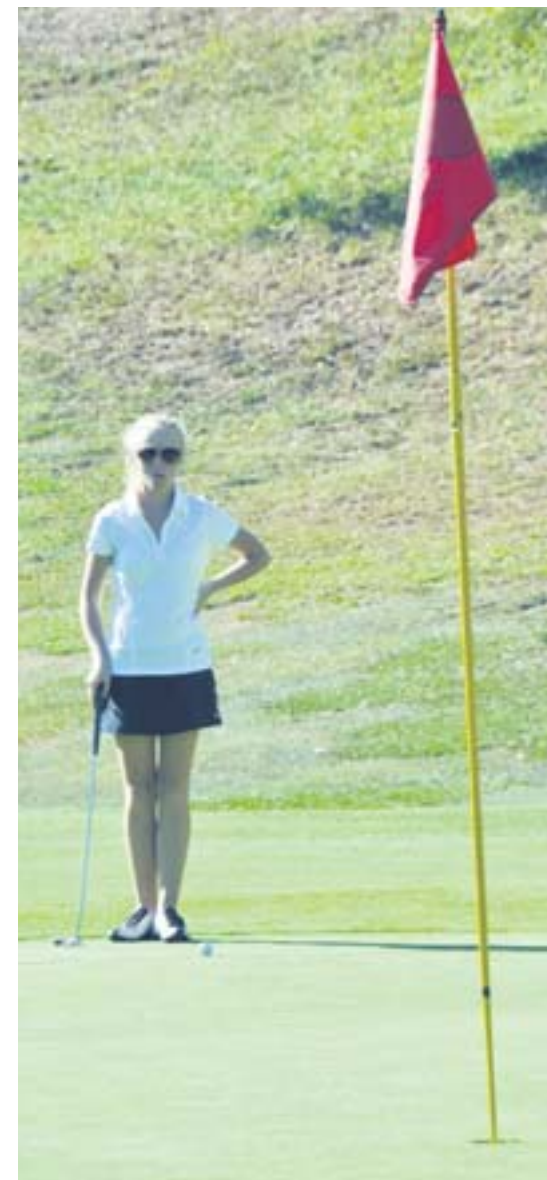
## Rival Schools Compete on Links

Campolindo, Miramonte defeat Acalanes

Written with information provided by Tim Scott



Miramonte junior Faith Engstrom



Acalanes senior Juliana Del Beccaro

Photos Andy Scheck

Acalanes girl's golf took on both of their Lamorinda rivals to start the season and fell to both teams. The match-up against Miramonte on September 15th at the Orinda Country Club proved difficult for the Dons and the Mats won solidly, 249 to 338 on par 37.

Dons' Head coach Tim Scott said, "I think that Miramonte is the

strongest team in the DFAL this year. They have a well balanced team. All their players averaged about 50 for nine holes."

Acalanes was challenged by Campolindo as well as they took on the Cougars the next day at Rossmoor Golf Club. The Cougars finished with 243, well below Acalanes' 315 on par 36. Scott said,

"Acalanes is a very young team and we are building for the future. Campolindo has a solid team also. In these two matches there were no low scores just consistent scores and that is what makes Miramonte and Campolindo good competitive teams in 2009."

C. Graveson

## Local Girls Compete in Gymnastics

Submitted by Candace Morton



From left to right: Emily Palmer, Jacqueline Samaniego, Sawyer Morton, Morgan Samaniego, Cameron Morton and Julia Samaniego  
Photo Stephanie Samaniego

Saturday, September 12th Golden Gate Gymnastics held their third annual Beach Blast gymnastics meet for Women's Compulsory levels 4-6. Three local six grade girls from Stanley Middle School competed with 164 others at this event which begins the competition season for the United States Association of Gymnasts (USAG) compulsory lev-

els. Sabba Jweinat took eighth place all around with a 32.500, in the Level 5 older age division. Julia Samaniego also took eighth place all around in the Level 6 younger age division with a 30.125 and her teammate and fellow classmate Cameron Morton finished seventh all around in the middle age division with a 33.600.



Sarah Pardo, Acalanes freshman, gets a big "wow" from team mates and coaches



# SPORTS LAMORINDA'S LOCAL SPORTS NEWS



## Gael's Digging Against Breast Cancer

Saint Mary's Volleyball Hosts Fundraiser  
By Mikaela Cowles



Photo Doug Kohen

The Saint Mary's women's volleyball team will "Dig Pink" for breast cancer on Saturday, October 10th when they face off against the University of San Francisco. October is Breast Cancer Awareness month and all proceeds of the Gael's third annual Breast Cancer Awareness Game will go to the Side Out Foundation. According to their mission statement, Side Out's war against breast cancer is dedicated to supporting health care professionals as they pursue practical solutions for women and men with this disease.

The fight against cancer hits close to home for the Gael's as one of their historically best players, Mandy Bible, lost her mother to cancer. Bible's mother passed during her senior season the morning before they played Santa Clara. Head coach Rob Browning says, "Mandy chose to play in the match and she was huge inspiration to everyone, including the opposing team and coaches. It was arguably the best match of her career."

The Gael women have been working hard to raise money, reaching out to the community for support. Alita Fisher, who leads the team in digs, said, "I think it's awesome to do what we do every day

and do what we love and be able to contribute to the fight against breast cancer."

Saint Mary's goal is to raise \$1,000. All fans can contribute by making a lump sum donation, or pledging a dollar amount per total team digs throughout the match.

This year, along with dig pledges and donations, they will be holding a raffle for gift baskets, an autographed volleyball from the SMC team and other donated prizes. Sodexo, Saint Mary's on campus dining service, will be selling pink cookies and cupcakes to help raise money as well.

Browning says, "Breast cancer has affected so many people in all communities and we are thrilled to be able to contribute to the awareness and fight to beat it." The Gaels will wear pink pre-game warm-up shirts and ribbons in their hair as a sign of their commitment to the fight. Wear pink with the Gaels and receive \$2 off your ticket price, as you show your support in the fight against breast cancer.

For questions or a donation form, interested parties can contact Todd Ogorzelec, SMC Director of Events and Promotions, at togorzelt@stmarys-ca.edu or at 925-631-4656.

## Saint Mary's Men's Soccer Start Positive

Victory over UC Davis Ends Preseason



Photo Tod Fierner

Junior midfielder Erik Rivas (7)

Saint Mary's men's soccer team has started off strong this season. They finished up preseason with a victory over UC Davis (2-6-0) and a 4-1-2 record. Compared with last year at this time (1-5-1), the Gael's are showing signs of promise.

Junior midfielder Erik Rivas led the campaign against the Aggies, scoring the only two goals by the Gaels. Rivas is tied with sophomore Justin Grider to lead the team in goals scored (3) and points (7). In the eighth minute of play Rivas scored after Grider touched the ball past the Aggies' keeper. This is the second game in which the Gaels have scored in the first ten minutes.

The second goal came in the 36th minute off a pass from freshman midfielder Jose Cabeza. The Aggies scored in the second half but could not tie it up. Saint Mary's sophomore keeper Doug Herrick had seven saves in 90 minutes. Herrick has a total of 23 saves and averages 0.91 goals against.

Saint Mary's has been playing better at home (3-0-1) than away (1-1-1). The team

looks to continue their undefeated home streak this weekend against Gonzaga on Friday

at 4:00 p.m. and Portland on Sunday at 2:00 p.m.  
C. Gravason



Defender Jason Coehlo (25)

Photo Tod Fierner



Photo Doug Kohen

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Thu, Oct 8	VB Santa Clara	McKeon Pavilion	7:00 PM
Sat, Oct 10	VB San Francisco	McKeon Pavilion	7:00 PM
Sun, Oct 11	MSOC San Francisco	Moraga, CA	2:00 PM
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Sun, Oct 18	WSOC Santa Clara	Saint Mary's Stadium	1:00 PM

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# SPORTS LAMORINDA'S LOCAL SPORTS

## Lady Mats Begin with Sweep

Miramonte Wins Albany Invitational

Submitted by Tony Diamantidis



Miramonte's Lady Matadors celebrate another point won against Drake (San Anselmo) in their victory in the final match of the day. Miramonte was a perfect 6-0 for the tournament. From Left to Right: Jane Siri (DS), Juliana Stivanicevic (#7), Lissa Gilbert (L), Mary Diamantidis (#1), Kirsten Rutledge (RS) and Audrey Breitweiser (MB) Photo Chris Gilbert



Mary Diamantidis soars high above the net for a block against Drake High School. The Miramonte Senior Captain recorded 62 assists, 34 kills and 19 blocks for the tournament. Photo Chris Gilbert



Miramonte outside hitter Juliana Stivanicevic executes another kill against Drake, while Lady Mats head coach Shannon Ross watches with intensity. Last year's DFAL league MVP recorded 61 kills for the tournament, including 12 kills against Drake in the tournament's final match. Photo Chris Gilbert

The Lady Mat's volleyball team stormed into the season with a 6-0 tournament sweep. Miramonte High School's women's volleyball team competed in the Albany Invitational Volleyball Tournament Saturday, September 19th. Led by senior co-captains and the tournament MVP's, setter/middle hitter Mary Diamantidis and outside hitter Juliana Stivanicevic, the Lady Mats defeated Carondelet, Maria Carillo, Marin Catholic and Drake.

The Drake Pirates have been a challenge for Miramonte over the last few years. However, the Mats came out victorious this time to win the championship. The Mats came out strong winning the first set 25-12. The Pirates stormed back in the second taking the set, 25-14. In the final game of the match, the two teams exchanged points and Drake led 7-6 when senior libero Lissa Gilbert served nine straight points, including three aces, to clinch the game 15-7 and the championship for the Lady Matadors. Stivanicevic led the team with 11 kills, two blocks and five digs against Drake and Diamantidis had 12 assists.

Miramonte has opened this year's campaign with a record of 7-1 under first-year head coach and Miramonte Alum Shannon Ross and Assistant Coach Joey Ballesteros.

"Everyone on the team shares equal credit for our success," said Ross. "Juliana had a lot of key kills and defensive plays for us today, and helped motivate her teammates as well. Mary Diamantidis set with authority, blocked extremely well and had some crucial kills for us. Haley Sayres came through with some key kills (six) and blocks (two) in final match, as did Michelle Ent (three kills, two blocks), Kirsten Rutledge (four kills, two blocks) and Audrey Breitweiser (four kills, three blocks). Sarah Vaccaro made some excellent decisions on the court today (15 assists) and was unstoppable defensively."



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## Cougars Come Up Short Again

Campolindo Football Falls to Oakland

By Alex Crook



Photo Doug Kohen

Coming off of a two-point loss to El Cerrito, Campolindo looked to return to their winning ways against the Oakland Wildcats on September 25. The Wildcats had other plans and Campolindo suffered a 32-21 loss.

Right out of the gate, Oakland showed who they were with a 65-yard run from future Washington State player Damante Horton on the first play. The Cougars' defense held on and stopped the drive, giving the offense the ball on their 20 yard line.

Midway through the first quarter a Campolindo turnover gave the Wildcats another shot at offense. Three long runs for Oakland finally ended with a three yard touchdown run by Horton. The extra point was no good, and the Wildcats took the early 6-0 lead to the end of the quarter.

In the second, Campolindo's junior wide receiver Andrew Ahr came up with two key catches, for 14 and 20 yards, setting up junior half back Derick Margerum's seven-yard touchdown run. Junior kicker Marco Tavecchio's point after sailed through and Campolindo pulled ahead by one, 7-6.

On the ensuing kickoff, Oak-

land's Horton made himself heard once again, returning Campolindo junior kicker Jarrett Milner's kick 92 yards for another Wildcat touchdown. The two-point conversion sailed through the intended receiver's hands but Oakland still jumped back out in front, 12-7.

Another stellar 21-yard catch by Ahr put Campolindo in position to score. With two seconds left in

the half, senior quarterback Tommy Stephens hit senior wide receiver Michael Hoffman from 16 yards out for a Cougar touchdown. A last second desperation bomb for Oakland fell incomplete; going into the half the visiting Cougars were up 14-12.

Oakland came out of the half to score a five yard touchdown, taking the lead 20-14 after a two point conversion.

To counter, Campolindo's senior wide receiver Patrick Wirth made a catch for 11 yards, and then Margerum broke free of the pack again to score a touchdown off a 41-yard run. Campolindo held on at 21-20 for the rest of the third.

To open the fourth quarter, Oakland scored on a 41-yard run of their own to take a 26-21 lead with 11:32 left in the game. With 6:40 left, the Cougar offense could not capitalize on a crucial first down. The Cougars failed to score on their subsequent drives and with a little over a minute left, Horton closed the game with a 30-yard touchdown catch, sealing the 32-21 win for Oakland.

Campolindo head coach Kevin Macy said, "We played two weeks of brutal teams and hope something will work out in the future."

Campolindo (2-2) will host Dougherty Valley this Friday.

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