

School is out - yeah!

Have fun, kids! Lamorinda Weekly team

Cougars' Art at the U.S. Capitol

Submitted by Matthew Kravitz



1st Place: "Escape" - Seo Hyung Lee

Two Lamorinda students were recently honored as the winners of the 2011 Congressional Art Competition by Congressman John Garamendi. Of the 22 pieces submitted in various categories including photography, oils, and pencil drawing among others, Campolindo High School students won first and second place.

Seo Hyung Lee of Moraga took top honors for her poster color painting, "Escape." Her piece will hang at the U.S. Capitol for the next year.

Clay Sanders of Moraga took second place for his piece, "The Howler."

The competition was sponsored by the Congressional Institute.



2nd Place: "The Howler" - Clay Sanders

Ask Dr. Harold:

When Scary Things Happen

By Harold Jules Hoyle Ph.D.

Dear Dr. Harold,

A parent wrote me this week asking about the recent shooting in the town of Moraga and the drama it produced in our kids. So here are some thoughts on our kids in a world full of worries and media to hype it up.

My Experience

I was planning on going to Yogurt Shack with my kids and I received a text from a friend telling me there was a shooter on the loose who had shot at a cop. The text also let me know that the parent who sent it was not letting their kid leave the house. Two minutes later we were reading the description of the event on the web and Facebook and Twitter were all a buzz. I heard or read about drug cartels and right wing extremist within minutes of getting my text. Note to self: get to yogurt shop before you read your texts.

So, what are the dynamics going on for a kid in this scenario?

First, there is the developmentally appropriate task of identity development or figuring out who you are. An important tool we use accomplish this task in psychology is called detached intimacy. My generation knew it as late night phone conversations that required a cord long enough to reach one's room. (Yes a phone with cord) Today's version is Facebook and texting. These social devices represent social connection. They are how kids get to know each other and more importantly themselves. These public domains are subject to the same drama and entertainment requirements that plague our news programs. When this behavior is not causing anxiety or negative emotions count it as a normal part of their development.

The second dynamic goes something like this; imagine that I am a kid in Moraga and I have anxiety about something--school, friends,

family or just being a kid. I see a story on the news about a tragedy in what I think is peaceful Norway and a few days later I get Facebooked about a shooter in my area. It becomes much easier for me to focus my actions on this shooter than on my own life. It is a kind of emotional procrastination. So I buy into the hyping of this event and maybe even hype it up a little. This is a natural process as long as the worry doesn't intrude on the functioning of the kid.

So, what can you do?

You have more experience on the planet than your kids do. Use it! Listen to what they have to say and give them the language they need to process what is going on. Problem solve with them. Do not problem solve for them. We are worse than video games if we always run to their side with some lesson and do all of the interpretation for them. Use Socratic questioning. This is a time to separate your being with them from your doing for them. Be with them and listen and guide them with questions. Help them brainstorm the activities that would make them feel safe. Do those activities and then see if it works. Give them honest feedback about how you see them getting worked up by the media and suggest they have choices about getting worked up or not. Model for them how you are working through the possibility of a shooter loose in your city. What are you saying to yourself? This is a great time to get out a map of Moraga or Norway.

I personally argued to go get frozen yogurt and my daughter reminded me how bad I would feel if I got the warning and then got shot. We had a good time making cookies.



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Harold is licensed clinical psychologist and a lecturer and in the School of Counseling Psychology, Education, and Pastoral Ministries Santa Clara University. With his wife and two children he is a 14 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, behavior with adolescents and children. He has a local private practice.

SCHOOL CALENDAR

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, August 17, 7:30pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, August 15, 4pm

Submit stories to
schooldesk@lamorindaweekly.com

TEEN SCENE

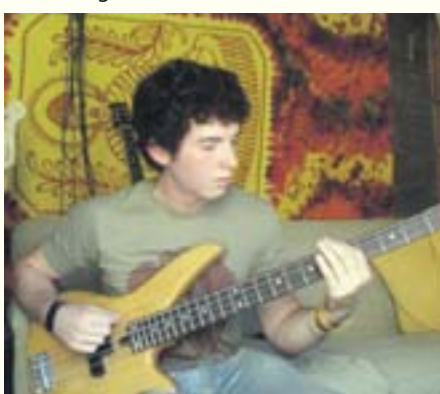
Lamorinda's Youth Bands Play On

By Amy Holm



John Haag on drums from Soulful Curl

Photos provided



Zach McFadden on bass guitar

Throughout Lamorinda, young musicians practice their beat with the goal of MTV stardom. Although complaints from neighbors occur and each town enforces noise ordinance regulations, these young garage bands believe in nurturing mutual respect.

Wesley Guergah, a 19 year-old bass player from *The Soulful Curls*, said, "With the exception of one neighbor, everyone else seems to really enjoy our music."

"We did have a man march into the shack in our backyard where we were practicing and yell at us. We asked if he'd prefer us to play on other days or times, as we want to be neighborly."

The Soulful Curls, so named for the three members' curly hair, was started less than a year ago and has performed in small cafes around Lamorinda. The band members each play multiple instruments, but Guergah felt they make their best music when he plays bass, Michael Lucacher plays drums, and Zach McFadden plays guitar.

"My favorite part is being able to make music that's our own with other people and being able to express ourselves," McFadden said.

The Soulful Curls have their own Face-

book and Myspace pages where they update songs and release performance dates and locations.

John Haag, a 20-year-old Moraga resident, has had several opportunities to get out of his garage and play music with more established groups.

His high school band, *Invection*, played metal music out of his friend's garage, but ended up moving to Soundwave Studios in Oakland because of noise complaints.

"To maintain neighbor relations, we decided we couldn't practice in our garage anymore," Haag said. During rehearsals, he networked with other musicians and met drummers who played for popular Bay Area metal bands such as *Faith No More* and *Machine Head*.

Haag is currently the assistant editor for a metal magazine based in Martinez, Calif. called *Hails and Horns*.

It's not just rock bands that are gathering in garages and looking to step onto the stage. Daniel Kriozere, a senior at Miramonte High School, plays trumpet in the *Altarinda Jazz Combo*, a group of six students who are also in the jazz ensemble at school.

He said that he was encouraged to start a band last summer at a jazz camp in Lafayette which he attended with five friends. They have since performed at the Lafayette Art Gallery as well as for community service projects, parties, and international nights at school. "I have fun playing music with my friends," Kriozere said. "Being part of a band is a great extracurricular activity."

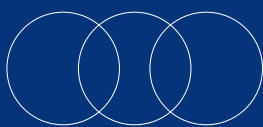
Amy Holm grew up in Moraga and currently is a junior at Western Washington University in Bellingham, Washington majoring in Journalism and Public Relations. She is home in Lamorinda for the summer.



2007 Campolindo graduate Conrad Bassett-Bouchard (left) won the inaugural Word Cup and \$2,000 at the Word Game Players Organization championships held July 1-6 in Reno.

Bassett-Bouchard finished with a record of 27-8 and beat his opponent 471-324 in the scrabble championships.

Conrad Bassett-Bouchard is on the left with Cheryl DeMers Photo provided



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