

◆ Not to be missed ◆ Not to be missed ◆ **Alternative Medicine for Pets: A Personal Look**

OTHER ... continued

Arthritis, an Anne Randolph Workshop. Learn about living your best life with arthritis. Understand the challenges and changes arthritis brings on, and find practical solutions to make daily activities easier August 24 from 11:30am to 12:30pm in the Lafayette Community Center Sequoia Room, 500 St. Mary's Road, Lafayette. Cost: \$1 for members and \$3 for non members. To register, call (925) 284-5050.

FunFest 2012. This all-day, family-friendly event will have several great live performances, special screenings and games, and activities for all to enjoy from 10am until 11pm August 25 at The New Rheem Theatre, 350 Park St., Moraga. The fun spills over outside of the theatre with loads of carnival-style games, kid-friendly activities, a t-shirt decorating contest, more crafts and famous food-trucks. For more info, visit www.moragafunfest.com.

Performers for Progress is a student run organization run through Miramonte High School in Orinda that puts on performing arts showcases to raise money for charity. They will be celebrating 25 years on August 25 at 7pm with a cocktail-attire social, including music and dance at the Lafayette Library, 3491 Mt. Diablo Blvd., Lafayette. General tickets: \$15; Sponsor tickets: \$50. For more info or to purchase tickets please visit www.performersforprogress.com.

Lafayette Physical Therapy is offering free community lectures. Running Injuries and Prevention lecture

with Lisa Gibson, PT, August 28 from 7 to 8 pm, 3468 Mt. Diablo Blvd. Suite B110, Lafayette. For more info, or to make reservations call (925) 284-6150 or visit www.lafayettePT.com.

Developing Exceptional Leaders within Your Organization presented by Northern California Human Resources Association. Strong leaders know that engaging employees in a commitment to the vision and goals of the organization drives success. Learn to identify internal leadership potential and how to develop leaders within your organization Wednesday, August 29 from 5:30 to 7:30pm at Cambiati Wellness Programs, 3100 Oak Road, Ste 130, Walnut Creek. Cost: \$35 general; free for NCHRA members. For more info, call (415)291-1992 or visit www.nchra.org.

Natural Health Care. Running from Mexico and Canada for Natural Health. There will be free massage and natural skincare treatments, free handouts and natural product samples, and Naturopathic Doctors speaking about treating pain, fatigue, and bioidentical hormones September 10 at Tara Natural Medicine, 3186 Old Tunnel Road, Lafayette. Free. For more info call (925) 949-8604 or visit www.taranaturalmedicine.com.

The Walnut Creek Garden Club. The club welcomes guests and prospective members and the meeting is open to the public. Their first meeting for the 2012/2013 club year will be on Monday, September 10 at 9:30am at the Gardens at Heather Farm in the Camillia Room, 1540 Marchbanks Road, Walnut Creek.

Montelindo Garden Club Meeting. Kathy Courtright of Orchard Nursery will speak on deer and gopher resistant, tried and true as well as less popular but wonderful varieties of spring blooming bulbs September 21 at 9:30am, the Orinda Community Church, 10 Irwin Way, Orinda. For more info, call (925) 254-3906.

Wine & Whiskers a dazzling night of specialty wines, delectable hors d'oeuvres, and an irresistible silent auction. Choice vintners and restaurateurs will be serving up their best to benefit ARF's lifesaving programs Saturday, September 22 at Tony La Russa's Animal Rescue Foundation, 2890 Mitchell Drive, Walnut Creek. For more info, call (925) 296-3153 or visit www.arf.net.

POLITICAL GATHERINGS

Peace and Justice Awards 2012. The Mt. Diablo Peace and Justice Center is asking residents of Contra Costa County to nominate local peace-makers for a Peace and Justice Award to be given by the Center at its annual Peace Awards Celebration. Deadline for nominations is September 7. Forms for nominating candidates are available at <http://www.mtdpc.org> or by calling the Peace and Justice Center at (925) 933-7850.

Please submit events to: calendar@lamorindaweekly.com

... continued from page B5

While financial constraints were part of our decision, because the dog was and still is so physically active, we decided against amputation, chemotherapy or radiation. At one vet's suggestion, we tried acupuncture. Welcome to the world of Eastern medicine for pets.

Four Seasons Animal Hospital's Dr. Wendy Wallace explains that Traditional Chinese Veterinary Medicine (TCVM) is "so much more mainstream" than western medicine because it was derived several thousand years ago. TCVM consists of five energy modalities: acupuncture, t'ai chi, food therapy, herbal, and tui na, or manipulative treatment, which may also be known as chiropractic or massage therapy. These treat the animal's whole body as opposed to treating symptoms.

The practice of chiropractic medicine on animals really began in the equine community. "If you're riding a horse, you know when his gait is off," Wallace says. From there, the practice spread to working dogs, then to the general canine population. "Anything that has a nervous system," Wallace says, including dogs, cats, birds, rabbits, and reptiles, can benefit.

When Wallace first began suggesting animal TCVM treatments 15 years ago, she says people looked at her like she "had a third eye." Today 80 percent of her practice is devoted to alternative medicine. Wallace has even treated a pet bat with acupuncture. Now our own batty dog is being treated with acupuncture, and

is responding well. We also tried herbal supplements, but quickly discontinued them when neither the dog nor his owners liked the smell!

Our acupuncture treatment with Dr. Jamie Peyton starts with a brief dog wellness checkup, and reciprocal nose and face-lick greeting to the vet. With the dog on his side, Peyton inserts 12 to 18 human grade acupuncture needles on his head, back and legs. Wallace says animals in for first-time treatments are "guarded," but become more relaxed and more willing patients over time. Installation takes 10 to 15 minutes; the patient is then left to rest for another 20.

Eight-plus months out from original diagnosis, and four months into acupuncture, Midas has managed to gain weight, become less lame and has regained once atrophied shoulder muscle.

Peyton says Midas's care is really a "one day at a time approach" and he remains at risk for a leg fracture or lung metastasis, but going many months post diagnosis is "excellent."

"The goal of palliative care is always to control pain and lameness," she says, "and he has been doing very well with his acupuncture and daily pain medication. He really is an inspiration for other people with dogs with long bone OSA that chose palliative therapy."

Midas lives with cancer daily, but he is also enjoying a high quality of life. And that, say Wallace and Peyton, is what it's all about.

Local Travel Stories
Baseball Fanaticism High in Japan

Submitted by Tom Rizza



Fans at the Yomiuri Giants vs. Saitama Seibu Lions game Photo Michael Maly

A Nippon Professional Baseball, or more commonly referred to in America as the "Japan league," game is as much of a contest between the fans as it is between the players.

When my friends and I purchased tickets for the Yomiuri Giants vs. Saitama Seibu Lions game in June at the Tokyo Dome, the attendant told us we were sitting in the bleachers and asked if we were "visitors." We thought she was asking if we were tourists, so we said yes, bought our tickets and got in line.

Pushing through the turnstiles, we found out what our attendant meant by "visitors." Security checked our tickets to point us in the right direction, and the guard balked at our attire.

A few of my friends were wearing Yomiuri Giants hats. I showed up in full San Francisco Giants regalia: the shirt, the hat, and a pair of Giants noise makers. But we were sitting in the visitors section where only Lions fans could sit.

My friends and I were told take off our hats and stow them in our packs, along with our noise-makers and fans. They asked me to turn my shirt inside out. I asked the security guard "Do the fans get crazy?" and he smiled and told me "Hai (yes), crazy."

The bleachers were split, three-quarters for the home team and one-quarter for the visitors. We crammed into our section and noticed that we were the only fans to not have flags and robes of blue and white, the Lion's colors. Just a few rows over a group of fans made up a horn section with drummers and flag-wavers

standing on their seats. From across the field we saw the Giants had their own band and group of rabid baseball fans.

And just like that, the battle began.

Every moment that the Giants or Lions were up to bat, their fans stood with them and cheered for each player with their personalized chant, anticipating the big hit.

A run caused the fans' section to go wild and broke into their team's fight song. A home run was like a house party. It was complete chaos, but an organized chaos.

The game ended a 6-5 Lions win and the fans of the visiting section all stood and sang their praise for the team as we shuffled out of the stadium. I've been to hundreds of American baseball games, but the atmosphere at the Tokyo Dome made me feel as if the game was different entirely.

Don't get me wrong, the vibe of a Giants vs. Dodgers game is something to behold. Some of my fondest memories are screaming my lungs out at Tommy Lasorda blowing kisses from the Candlestick outfield. But that night at the Tokyo Dome, a foreigner felt a level of camaraderie from the Japanese fans that cannot be emulated.

They can, however, keep the takoyaki (fried squid balls.)

Tom Rizza will be continuing his studies in journalism at SF State this fall. His mother, Laura, is a well-known salesperson at McCaulou's in Lafayette.

Diary of a Wimpy Kid: Dog Days

By Derek Zemrak

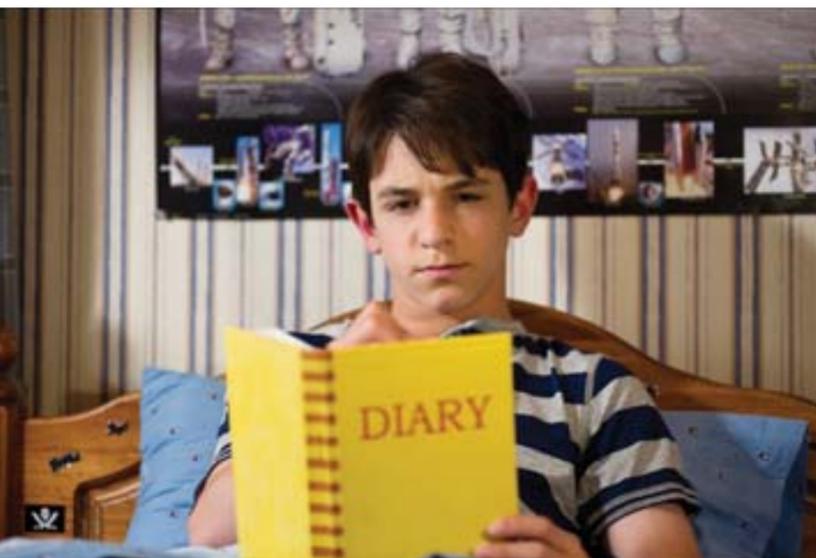


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Finally Hollywood has released a kid's film with a positive message – Diary of a Wimpy Kid: Dog Days. The only other kid film that I remember with such a positive message is "Kit Kittredge: An American Girl" in 2008.

Dog Days is the third movie for the #1 best selling series by author Jeff Kinney. The time is summer vacation and Greg (Zachary Gordon) is up to his old tricks and mischief with his best friend Rowley (Robert Capron). The film addresses teen issues such as awkward parent moments, "sibling troubles," "first crush," "telling the truth" and "admitting to your mistakes."

I had the chance to contact Zachary Gordon and ask him a few questions about the movie. Thank you, Zachary, for taking time out of your press tour in New York and Chicago to answer the questions:

1) The film has a very good message for pre-teens & teens – if you make mistakes own up to them. Do you feel this was an important element of the film?

(Zachary Gordon): This message definitely was an important part of the film. My character, Greg, continually messes up and doesn't take responsibility for his mistakes. All his dad wants him to do is own up to what he does wrong. Frank, Greg's dad, sums it up by telling Greg what his own father, Greg's grandfather, said, "A man who never made a mistake never made anything." I think that says it all.

2) Friendship is a key ingredient of the movie and the cast's interaction is so natural. Has the cast developed a friendship over the three Wimpy Kid movies?

(Zachary Gordon): Some of my best friends are part of my Wimpy family. We became so close and had so much fun throughout the

course of filming the three movies. Although most of us live in different parts of the country, we try to stay in touch as much as possible through FaceTime - and as for the guys, we play Call of Duty on Play Station Live - that's the best way to stay connected. The friendships I have made these past few years are what I will remember most about filming these movies.

3) Did you have to really ride the Cranium Shaker? And if so how many times?

(Zachary Gordon): There wasn't a ride exactly like the Cranium Shaker (from the book) in Vancouver, so we had to settle for the next best thing. The amusement park's most terrifying ride was the Revelation, which spins its passengers at 62 miles per hour on either end of its 160-foot propeller-like arm. I love amusement park rides, but the build up to this ride was a bit intimidating. We were promised iPads if we went on the ride, so it made me think it must be horrific! On the day we filmed, Robert and I were strapped into the ride, while the crew was setting up cameras and doing other technical stuff (for about an hour) and the anticipation was awful. So by the time we began, I was more anxious than usual. Once we rode it, I went on eight more times! I loved it. For Robert, who doesn't like amusement rides, once was enough.

Zachary attended the one year anniversary of the New Rheem Theatre and, hopefully, we will see him again soon. But for now, parents, don't miss him on the big screen in Diary of a Wimpy Kid: Dog Days. You will be glad you saw the film. This is a good movie to enjoy with the whole family.

Derek Zemrak is a Film Critic, Film Producer and Founder of the California Independent Filmm Festival. You can follow Derek on Twitter @zemrak for the latest Hollywood news.

