

Overeaters Anonymous East Bay – A Day of H.O.W.

By Sophie Braccini



Overeaters

Image provided

When one Lafayette resident learned that she was pre-diabetic 12 years ago, she came to the realization that she was a compulsive eater. Since then, the local woman has embarked on a journey with Overeaters Anonymous (OA) that has changed her life physically, emotionally and spiritually. “Twelve years ago, I was at a stage of my addiction to sugar where I started to isolate myself from others,” remembers Sharon (who asked not to use her last name). “I was looking for help online and found OA. The first meeting I attended was also online, then came the time to meet in person.”

The OA program follows the 12-step plan utilized by Alcoholics Anonymous (AA) as a method of recovery from alcoholism. “The first step is really what differentiates us from AA programs,” says Sharon,

“but the other steps we have to go through are the same, whatever the type of addiction.”

On November 10, East Bay OA is inviting curious and interested individuals to join them for all or part of a day of presentations at the Veterans Memorial Hall in Martinez. “OA offers a program of recovery from compulsive eating,” says Mary, who was instrumental in organizing the upcoming workshop. “It provides a fellowship of experience, strength and hope where members respect one another’s anonymity. OA charges no dues or fees; it is self-supporting through member contributions.”

Spirituality continues to be what drives Sharon to come to the meetings. “It has opened up my life,” she says. “The men and women in the room come to seek help, and in turn are also helping others. This experi-

ence has been transformative for me.” Sharon has lost 74 pounds and has kept it off over the past 12 years. “I walk, live and breathe in a different body,” she says, “and that’s because I got rid of my addiction.”

The Overeaters Anonymous – H.O.W. (Honesty, Open-mindedness and Willingness) workshop will be held from 9 a.m. to 4 p.m. Saturday, November 10 at the Veteran’s Memorial Hall, 930 Ward St., in Martinez. It will include various presentations throughout the day regarding the behavior of abstinence, body image, and spirituality. People are encouraged to come any time during the day for information.



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Miramonte Goes Dark to Gather Environmental Data

Submitted by Samuel Shain



Sophomore Samuel Shain stands in front of a darkened classroom at Miramonte High School.

Photo provided

Miramonte High School’s Environmental Club hosted “Lights Out! Day,” an environmental awareness day on October 31, asking the campus to ‘go dark’ to compile data about the school’s energy use. “Due to the overcast weather, we did not have the full participation that we had hoped for, but still had a considerable amount of classrooms participate,” said Miramonte sophomore and Environmental Club co-president Samuel Shain. “About 40 classrooms participated in the event.”

Using mathematical equations,

the club estimated that the high school saved 448 kilowatts from being used that day, translating into a savings of approximately \$97. The event also saved 4,480 cubic feet of natural gas from being consumed to create electricity, according to Shain. “Although this may not seem like much,” said Shain, “if you multiply it by 30, you see the numbers drastically increase and if you multiply the original figure by 180, you will get an approximation of how much Miramonte could save if we held an event like this every day of the school year.”

Submit stories and story ideas to storydesk@lamorindaweekly.com

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