

SPANISH WITH CRISTINA

All Year Round
Experienced tutor
Located in Lamorinda.
Works with Children and Adults

Flexible Schedules Available:
Mondays-Fridays 8am to 8pm
Saturdays: 8am to 2pm
Sundays: By Appointment Only



Cristina: Phone: (925) 283-0770 • email: ina26@comcast.net



Brian Clark, Psy.D.
licensed clinical psychologist
PSY 25198

ADOLESCENTS
ADULTS · FAMILIES

specializing in:

Achievement Pressure
AD/HD
Parenting Support
Anxiety
School Stress
Depression

954 Risa Road · Lafayette
(925) 385-8050
www.brianclarkpsyd.com

Motivational Presentations by Cynthia Brian

Hailed as an expert in lifestyle, teens, gardening, and personal growth, New York Times Best Selling Author, Media Personality, & Coach, Cynthia Brian empowers audiences to find their inner star.



"Dynamic, energetic, entertaining, informative, inspiring, motivating! I can't say enough about Cynthia Brian. Her unique style of engaging an audience is SPECTACULAR."
Marsh Engle, Founder of Amazing Woman's Day

Book Cynthia Brian as a speaker for your next event.
925-377-STAR
Cynthia@Star-Style.com, www.Star-Style.com

Rosewood House.com
FINE FURNITURE & ASIAN ANTIQUES SINCE 1969

CONCORD 4700 CLAYTON RD. (925) 827-9588
OAKLAND 2523 BROADWAY (510) 451-7373

Talented Teen Musicians Among Best in State



Acalanes High School junior Spenser Tejada and senior John Kirkland were the only two students from Lamorinda to be selected from over 1,700 applications to join this year's California All-State Honor Band. Tejada has been playing the French horn for eight years. Kirkland plays the clarinet. Director of Instrumental Music Norman Dea calls them both "outstanding musicians." There are also 15 Acalanes students who play for the Contra Costa County Honor Band. They are the largest group of students representing one school at this level. Interested band fans are welcome to attend the Contra Costa County Honor Band's free performance at 7:30 p.m. Saturday, Feb. 2 in the Acalanes Theater. *C. Tyson*

Spenser Tejada and John Kirkland
Photo Cathy Tyson

TEEN SCENE

One Generation to Another

By Konnie Guo

Besides academics and sports, high school students often appear to be worry free. However, teens have views on important issues, and one of them is improving the care for the elderly. Once an older person succumbs to a disease like Alzheimer's or Parkinson's, he or she is dependent on others for care and medical treatment.

Lamorinda is fortunate to offer a variety of options accommodating the needs of senior citizens. The Orinda Senior Village, the Stratford at Countrywood in Lafayette, Aegis Living, and Moraga Royale in Moraga are all unique facilities providing excellent medical, emotional, and social care to their inhabitants. Other smaller services like the Lamorinda Adult Respite Center and Comforcare Senior Services in Orinda aid seniors preferring a more private lifestyle. According to the 2010 U.S. Census, there were 10,582 residents in Lamorinda aged 65 and older, making up about 18 percent of the total population of 57,552.

Margot Mai is a member of the Orinda Juniorettes, a group of teenage girls who perform various acts of community service. Around Halloween, the Juniorettes delivered pumpkins to the elderly at Orinda Senior Village. Mai says, "They were really excited to see young people who cared, and were willing to connect with us by telling stories."

Orinda resident Marisa Chow is part of the student chapter in the Contra Costa Performing Arts Society. Along with other young musicians, Chow frequently performs at senior homes

around the Bay Area. "The audience claps enthusiastically when we perform. Their faces light up and many enjoy sharing music-related stories."

Madeleine Becker, a sophomore, has a personal reason to help elders. Her own grandfather worked at a senior home. "Just hearing all the different stories, histories, and accomplishments they have to share is such a rewarding experience."

Teens I know care a great deal about the elderly, whether these individuals are grandparents, a family friend, or strangers. Anyone can make a difference simply by visiting a local senior home. It is the responsibility of our generation to offer community care and friendly camaraderie to our golden seniors.

Konnie Guo is currently a sophomore at Miramonte High School in Orinda. She is an avid reader, and during her spare time, enjoys playing the piano and doing volunteer work.



Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, Cynthia@CynthiaBrian.com.

The opinions expressed in Teen Scene are those of the writer and not necessarily those of the Lamorinda Weekly.

Classified • Classified • Classified • Classified • Classified • Classified • Classified • Classified

Music Lessons

Piano/guitar w/ Robbie Dunbar
All levels welcome!
I travel to your home.
M. A. Music Composition
Piano tuning as well!
925-323-9706
robbiednr@gmail.com

Classes offered

Lacrosse Clinics @ Miramonte HS
on Jan. 13, 20, 27 and Feb 3, 2013, Noon to 2 p.m. 7th, 8th & High School Players invited For further information, email MarcyPlace1@gmail.com.

Computer lessons

On-Site Computer Service
• All Major Brands • Troubleshooting • Wireless Networking • Data Recovery • Website Design & Hosting • Technology Consulting • Virus/Spyware Removal
• Affordable Rates • Certified Technicians
925-322-9577 • 510-225-5061
www.fastteks.com • wli@fastteks.com

Computer Service

COMPUTERS' BEST FRIEND
Home & Office Computer Service
• ONSITE REPAIRS • VIRUS REMOVAL
• WINDOWS TUTORING
• HARDWARE UPGRADES
• NETWORK SETUP AND SUPPORT
• REMOTE DESKTOP/TELEPHONE SUPPORT
www.computersbestfriend.com
925-682-3408 • 510-938-1881

For Sale

Upright Weber Piano for sale in Moraga. 1967 model. In great shape. \$500. Call (925) 376-5543.

Insurance

Totalintegrityinsurance.com
20+yr Lamorinda resident. My independent insurance brokerage is here to serve you. Over 100 top carriers = great pricing and coverage for Biz Gen Liab, W Comp, Homes, Auto, Life. (925) 247-4356 0E90108

For rent

ORINDA Charming studio cottage to rent in a quiet setting opening on to a large garden. Approx. 500sqft. Furnished. Private entrance and own parking space no laundry on site. Suitable for quiet respectful person, non smoking, no drug, no pets. Utilities included. \$1,300/m. Email: akaroe3@sbcglobal.net

Help wanted

MAINTENANCE/HANDYMAN NEEDED
PT 24-32 hrs/wk Moraga Storage facility. Flexible, prob solver w/ org. & CS skills, excl work ethics. Reliable transp/ins/current DMV. Benefits after 90 days. Apply within 455 Moraga Rd, Ste F, Moraga. 9:30-5:30pm. (925)631-7000 Brad/Gloria

In Home Fitness

Senior Fitness & Massage
In your home, I will help you improve your balance, flexibility and strength. 17 yrs exp. Refs. Colleen Ross, CMT, CFT
510-965-1978

House Sitting

RESPONSIBLE, RELIABLE AND REASONABLE
Pets and Plants included
References available
For further information contact me at:
DAVLGHBRGH@AOL.COM

House Cleaning

www.totalclean.biz
Serving Lamorinda since 1985. Insured and bonded 376-1004.

Monica's Cleaning
Residential & Commercial Janitorial Services
Lic. Free Estimates (925) 348-3761

Windows & Gutters

Reliable Window Cleaning
Friendliness & remarkable results. Windows, Gutters, Pressure Washing. (925) 254-7622
ReliableWindowService.com

Vacation Rental



Martha's Vineyard Rental.
Wonderful family beach house in Edgartown w/ dock and semi private beach. Sleeps 12. Can fly Jet Blue OAK/Boston/MV direct. Call: 925-330-1983 for details

Construction

SWARTS CONSTRUCTION
• Free Estimates • Seismic Retrofit
• Drainage • House Leveling
• Remodel • 35 yrs. Lamorinda
925.250.6610
www.swartsco.com
INSURED BONDED Lic.# 975406

Concept Builders

Remodeling, Home Repair & New Construction
Bonded & Insured. License no. 842563
(925) 283-8122, Cell: (925) 768-4983

Plumbing

LEAPFROG PLUMBING
WE HOP TO IT!
(925) 377-6600
LeapFrogPlumbing.com

Tree Service

East Bay Tree Service.
377-8733. Fine pruning, large tree removal, stump grinding
License #805794

Tree & brush removal.
Poison Oak removal. 376-1995, Licensed, insured & bonded

Handyman

Rusty Nails Handy Man Service
Repair • Restore • Revamp
Call Rusty- (925) 825-6997

Fix, Paint, Repair anything.
Professional & Reliable
Call Terry 925-788-1663

Painting

LET ME BRIGHTEN YOUR HOME!
Specializing in high quality interior painting
Lic.#953962/Bonded/Insured
AN INSIDE JOB
Mark Alexander
Owner
I'm local, and I'm a very nice guy!
(925) 370-6558 • (925) 787-6684 cell
grizzmark@sbcglobal.net

Hauling

FLO'S HAULING
Quick & easy - reasonable rates
(925) 521-4767

Landscape Service

Balaam Landscape Services
Detailed Maintenance, Twice Monthly Available
925.586.0558

\$8 per 1/2" classified ad height
Email to: classified@lamorindaweekly.com