

## Community Service

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.

### Runs for ALS Reaches Milestone:

*Lafayette Little League Continues to Promote Awareness about Lou Gehrig's Disease*

Submitted by Brian Griggs



Lafayette Little League team, the Pirates, smile under the Chaney Field sign. Photo Barbie Bocks

Since 2008, Lafayette Little League has collected and donated over \$25,000 through its "Runs for ALS" program that directly benefits The ALS Association Golden West Chapter. Created in 2007 by board members Matt Chaney and Brian Griggs, LLL teams contribute 50 cents for each run they score throughout the season. This year's event raised more than \$8,000 alone.

The mission of The ALS Association is to lead the fight to treat and cure amyotrophic lateral sclerosis (ALS, also known as Lou Gehrig's disease), through global research and nationwide advocacy, while also empowering people with the disease and their families to live fuller lives by providing them with compassionate care and support.

"All 10 Majors teams participated in the Runs for ALS program this year, with more than 170 families in AA through Majors contributing to the program for the 2013 season (nearly half of all families in those divisions)," said Craig Bocks, player agent and executive board member of LLL. "The largest single family donation was \$300, which means that there was a lot of

participation among families and teams."

The largest single team donations by division were: Majors Giants (\$736), AAA Phillies & Pirates (\$495), and AA Cardinals (\$575).

As the only national non-profit organization fighting Lou Gehrig's disease on every front, The ALS Association leads the way in research, care services, public education, and public policy — providing help and hope to those facing the disease. The Golden West Chapter champions integrated, community-based care services, and supports 12 multidisciplinary ALS clinics including two ALS Association Certified Centers of Excellence in San Francisco. It provides education and community outreach, funds global, cutting-edge research, and promotes important federal and state public policy initiatives on behalf of the entire ALS community.

"This program would not have been possible without the incredible efforts of Craig Bocks, as well as all the LLL Board of Directors, managers, coaches, families, and the players," said Matt Chaney, who has been living with ALS since 2001.



### Moraga Resident Pushes Limits for a Good Cause

Submitted by Charles MacNulty



Charles MacNulty at the top of Carson Pass during Death Ride 2013. Photo provided

Moraga resident Charles MacNulty and his Team in Training raised more than \$4,000 for the Leukemia and Lymphoma Society July 13 after traversing five mountain passes, which included both sides of Monitor

Pass, both sides of Ebbetts Pass, and a final climb up the east side of Carson Pass as part of Death Ride 2013. The five-pass ride included 129 miles and 15,000-plus feet of climbing.

### Return of Music Workshop at Stanley Middle School



Bob Athayde

Photo Andy Scheck

With 215 participants this year ranging in age from 11 to over 70, the annual Lafayette Summer Music Workshop is the biggest gathering ever of students and professional musician instructors. The workshop, now in its 15th year, runs Aug. 4-9 at Stanley Middle School, with a grand finale concert featuring all the young and young-at-heart musicians. The complimentary concert is open to the public, and is a great opportunity to drop in and see these mostly youthful musicians get their jam on; drop by and listen in from 3:30 to 10 p.m. Friday, Aug. 9.

New this year are jazz concerts, scheduled after class featuring some of the very talented professional musicians who are instructors, starting at 8 p.m. Aug. 5, 6, 8, and 10 at Lamorinda Music on Lafayette Circle. "The diversity of faculty from around the world, and the variety of music styles makes this year's Lafayette Summer Music Workshop the best ever!" said Bob Athayde, Stanley's music director. Also new this year is composer, performer and now Jazz Curriculum Director Kyle Athayde, graduate of Acalanes High School and Juilliard. C. Tyson

## THE APP RAP

By Eric Pawlakos

**App:** TripAdvisor by TripAdvisor LLC  
**For:** iPhones and Android phones  
**Price:** Free

The rapid growth of social media has really been a blessing to anyone who likes to go out and explore different places. This is due to the ease of accessing the reviews and opinions of others. There is no doubt that when you are looking for someplace new to experience, it is really helpful to know what other people have to say about a particular place. And, if you want the app that has the most extensive and useful reviews, TripAdvisor is simply indispensable. Wherever you are, this app helps you access over 100 million user reviews, opinions, and photos to find the best hotels, the best restaurants, and fun and interesting things to do. It also helps you to find flights and compare airfare. Use the 'Near Me Now' feature to instantly find out what is close to any address that you enter. This feature will list all nearby hotels, nearby restaurants and nearby things to do, including detailed information, price range, and the type of establishment. The best feature, of

course, is the ability to read the numerous reviews and opinions of other travelers to help you make your decision. You will learn the good, the bad, and the ugly and with practice will be able to know which reviews are the most accurate and applicable to you. If you like to travel, whether close to home or in foreign lands, immediately downloading the TripAdvisor app to your smartphone is a wise decision.

Eric enjoys playing guitar and exercising in his spare time. He is a reporter on Express Yourself!™ Teen Radio, and a member of the UC Davis rugby team.



## TEEN SCENE

### Unplugging

By Linda Lan Phung

It is everywhere, with its never-ending presence and its own city, Silicon Valley, to call home. Yes, I'm talking about technology, one of the most popular methods for people to stay connected and keep informed with the latest information, including news and personal updates.

The new term for these people is "Generation C" in which the "C" stands for "connected." Generation C has no specific age group; it is defined more by a specific trait — tech-addicted. As a necessity, technology is used as a way to connect, but it has also become an obsession with many young adults who are dependent on it every minute.

However, that is not the case with rising senior Annie Weber.

Being imaginative, Weber took a break from technology as a present for her father's birthday. Recounting the event, Weber says, "Going without technology was hard and nerve wracking because I was bored and tempted to listen to my iPod." To divert her thoughts, she played Scrabble, watched a movie, and ate dinner for the remainder of the night, a total of five hours.

"This idea is an especially good birthday present for those parents who don't like using technology," Weber enthusiastically adds. "My parents praised me for being so thoughtful."

Campolindo student Claire Gratz is the exact opposite. Though she does not willingly leave her technology, she will busy herself with other activities when she has to turn off the TV or computer. "I will play volleyball, but that lasts for only one hour," jokes Gratz.

By unplugging once in awhile we can avail ourselves of opportunities to explore

new places and experiences. Without a phone in tow, senior Connor Campi kayaked on the Elkhorn Slough, an estuary in Monterey County. Campi learned something new. "It was amazing to find out from the tour guide that these harbor seals can delay their pregnancy," he says.

With our current lifestyles, it may seem difficult to suddenly detach from our gadgets. Nonetheless, when we take small breaks and slowly challenge ourselves to pause more frequently, we may find joy in spending our time more creatively. Just like Campi, when we brave life without technology for even a short time period, we may just discover surprising facts about this world that surrounds us.

Linda Lan Phung, a Miramonte High School junior who volunteers throughout the East Bay, is an officer with Club Be the Star You Are!®, and strives for 17-second miracles, inspired by author Jason Wright.



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](mailto:Cynthia@CynthiaBrian.com).

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