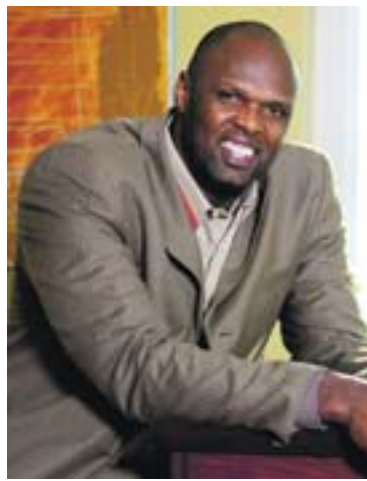


# Former NBA player and Orinda resident Adonal Foyle pursuing his passions

By Kara Navolio



Adonal Foyle Photo provided

What's a professional basketball player to do after retiring from the game he loves? If you ask Orinda resident and former Golden State Warrior Adonal Foyle, the answer is just about everything. He appears to have accomplished just as much off the court since his retirement seven years ago as he did in his 13 year career with the Warriors and the Orlando Magic.

Foyle's new book "When the Ball is Laid to Rest" is a collection of poetry he penned over the past seven years to mark significant events in his life such as his retirement from basketball, the death of loved ones, or moments of clarity. "Poetry has always been intensely personal," explains Foyle. The book, published in July, is divided into chapters of poems dedicated to Caribbean life (his childhood home on the island of Canouan in the Grenadines), basketball, politics, and love. One poem, titled "Love Song to a Game" is especially poignant. Another, "Warrior of the Bay," pays homage to his good friend, the late Nate Thurmond.

Lamorinda residents may enjoy "Breakfast at Chow," a poem he wrote about one of his favorite hang-outs, Chow in Lafayette, where he often has breakfast on Friday mornings.

This is Foyle's fifth book. He has also published two children's books and two books intended to help other former athletes in their post-retirement: "Winning the Money Game" (Harper Col-

lins 2015) and "The Athlete CEO" (2017). "The Athlete CEO" helps athletes or others launching a second career. In this book he brings together his knowledge of sports psychology and business to show others how to become the CEO of their brand and discover their new mission. Foyle has a master's degree in sports psychology from John F. Kennedy University and is currently working on his MBA. His master's thesis in sports psychology was on life changes experienced by former NBA players upon retirement.

Foyle came to the U.S. at the age of 15 for better educational opportunities and a possibility to pursue his basketball dreams. He eventually played for Colgate University, and the 6-foot 10-inch standout was drafted eighth overall in 1997 by the Golden State Warriors. He played for the team for 10 years, his final year being the "We Believe" year. He finished his NBA career with the Orlando Magic, playing there for three years. He returned to the Bay Area soon after. "I fell in love with the Bay Area," he states. "There is such diversity. Each city has its own culture and climate and has something different to offer. It represents the best of what we can be."

In addition to writing five books and earning two master's degrees, he founded and runs two nonprofits engaged with young people. The Kerosene Lamp Foundation empowers at-risk youth through athletics, academics, camps and mentorships. Democracy Matters encourages young people to get involved in the political process.

Foyle can also be seen on ABC as an analyst following some Warriors games and co-hosts the radio program "The Warriors Hour" on 95.7 The Game on Wednesdays from noon to 1 p.m. He is active with the Warriors community development.

Of all that Foyle has accomplished, he gets the most joy from helping others find their purpose. Through his two foundations he has seen young people fight through

obstacles and find their passion. He has been able to bring two of his siblings to the U.S. to pursue their educations and find their paths as well. "When you can impact someone's life and help them find their truth - that's my passion."

For more information or to buy his books, visit: [www.adonalfoyle.com](http://www.adonalfoyle.com).

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## Lamorinda Idol 2017

### finals this Sunday

Competition showcases the vocal and performance talents of local youth

Submitted by Christy Mack



Kindergarten through 12th-grade children living or attending school in Orinda, Lafayette and Moraga will have the opportunity to become the next Lamorinda Idols at the 12th annual Lamorinda Idol singing competition, produced by the Lamorinda Arts Council, from 11 a.m. to 7:30 p.m. Sunday, Aug. 27 at the Orinda Theatre.

Lamorinda Idol finalists in soloist and group categories will compete at this free event throughout the day, culminating in the Lamorinda Idol 2017 winners being crowned in the elementary, middle and high school categories at 7 p.m.

"Lamorinda Idol is magical to me," shared Lamorinda Idol founder, Steven Hardwood. "I love seeing young people who are passionate about singing receive the unwavering support of their parents as well as our Idol judges, volunteers, sponsors, and audience mem-

bers as they strive to nurture their artistic talents."

Audience members are an important part of the voting and will have the chance to cast votes Aug. 27 for their favorite Lamorinda finalists. Audience votes, combined with feedback from a local panel of musically experienced judges, will determine who will be crowned 2017 Lamorinda Idols.

"I continue to be amazed at the depth of singing talent in Lamorinda," explained Pam Whitman, a longtime Lamorinda Idol judge for LAC. "I admire the willingness of young children and teens to take the stage and give performing their all in public forums. I can't wait to see and hear the Aug. 27 Lamorinda Idol finalist performances."

To learn more about LAC's Lamorinda Idol 2017 and for a complete schedule of the day's events and activities, go to [www.lamorindaarts.org/lamorinda-idol](http://www.lamorindaarts.org/lamorinda-idol).



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