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Accolades for Lamorinda football led by Acalanes coach, Floyd Burnsed By Jon Kingdon

How do you top winning the state high school football championship? For Acalanes' head football coach, it was being named the Bay Area News Group Coach of the Year and the California State Football Coach of

the Year by Cal-Hi Sports. In a 19-year stint at Miramonte, beginning in 1982, Floyd Burnsed's teams won 154 games, 10 league titles and four North Coast Section championships. Despite the four NCS championships, this year's state championship was Burnsed's first appearance in such a game for the simple reason that the state championship games did not begin until 2006. Since taking the

Correction: In the article, "Saint Mary's

Saxen. We apologize for this error.

Basketball – a tale of two seasons," published in Jan. 17 issue of Lamorinda Weekly, team member

Mitchell Saxen was mistakenly identified as James

MVP Offense

Team Offense

Team Offense

1st Team Offense

1st Team Defense

reins at Acalanes in 2016, Burnsed now has a combined career record of

Burnsed accepted the award with typical understatement and then passed on the credit to his players. "It's a nice honor," Burnsed said. "Our kids played well, and the main thing is that they took ownership of the team and when a team does that, they hold each other accountable and are then playing for each other and that makes a huge difference."

Despite Acalanes losing their first three games, Burnsed never lost his confidence in the team. "These were nonleague games, and we

were not really game planning for these teams, and we hadn't really settled on who would be starting," Burnsed said. "It's great to play tough non-league teams because you actually find out about your team. When you play teams like that, that's when you find out where the chips

There were many others that Burnsed shared the credit with. "We wouldn't have been where we were without our staff," Burnsed said. "David Ortega and his assistants did a really good job on defense, making nice adjustments. Joel Isaac ran the offense for us, and he did a great job with film study and putting in the game plan. Bill Hansen and Randy Henderson did really well with our freshmen and JV teams (respectively).

Burnsed also ac-

knowledged the support the team got from the school, the student body, and the Lafayette community: "We had a nice crowd that came down to Mission Viejo for the championship game. They bought into the program and really enjoyed it."

The 76-year-old Burnsed decides after each season if he will continue to coach or retire, and he has already confirmed that he will be returning to Acalanes next year. A year before, Burnsed had his hip replaced after going through a lot of discomfort. "I'm in great shape now," Burnsed said. "I'm back 100% and I feel great. We're already putting next year's roster together and we have already scheduled Nevada's state runner up (Galena) for a home game on next year's schedule."



Photo Chris Malmquist

Acalanes

Acalanes

Acalanes

Campolindo Campolindo

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Miramonte

Campolindo Campolindo

Campolindo

Miramonte

Miramonte

Miramonte

Floyd Burnsed at state championship game

Diablo Athletic League Lamorinda recognized athletes fall 2023

MVP

1st Team

1st Team

2nd Team

1st Team

1st Team

2nd Team

2nd Team

Co-MVP

Co-MVP

1st Team

1st Team

2nd Team

Football Trevor Rogers - SR Niko White - JR 1st Sully Bailey - SR 1st Drew McKenzie - JR Jack Giorgianni - SR Henry Hagel - SR Andrew Tresser - JR Brady Morrow - SR Paul Kuhner - SR Everett Glass - SR Jake Boselli - SR Frank Anderson - SR Crosby Kelkly - Soph Jake Spencer - SR Sebo McRea - SR Max O'Balle - SR Micah Parker - Soph

Deonte Littlejohn - Soph 2nd Team Defense Timmy Daugherty - SR 1st Team Offense 1st Team Offense 1st Team Defense 1st Team Defense 1st Team Defense 2nd Team Offense 2nd Team Offense Bryce McLaverty - SR 2nd Team Offense 2nd Team Offense Isaiah Ortiz - SR Shane Harris - SR 2nd Team Defense James Erickson - SR 2nd Team Defense Landon Gilmore - JR 2nd Team Defense Gabriel Roman - SR 1st Team Offense 2nd Team Offense Nick Blair - SR Finn McManus - SR 2nd Team Offense Andrew Davenport - JR 2nd Team Defense Luke Milmore - JR

Girls Flag Football Kelly Todhunter - SR Ella Thomason - SR Alana Brinkman - SR

Ienna Steele - SR Monica Dikova - SR Addie McShane - JR Addie Martin - SR Maya Shoenhair - Soph 3rd Team Defense Grace Allen - JR Molly Dougherty - SR Zoe Lehrman - Frosh Isabelle Maher - Frosh

MVP Offense 1st Team Offense 1st Team Defense

1st Team Defense 2nd Team Offense 2nd Team Defense 3rd Team Offense 1st Team Offense 1st Team Defense 3rd Team Offense 3rd Team Defense

Acalanes Acalanes Acalanes Acalanes Acalanes 2nd Team Offense Acalanes 2nd Team Offense Acalanes 2nd Team Defense Acalanes 2nd Team Defense Acalanes 2nd Team Defense Acalanes 2nd Team Defense Acalanes Acalanes

Acalanes Acalanes Acalanes Acalanes Acalanes Acalanes Acalanes Acalanes

Miramonte

GIRLS VOLLEYBALL Jade Profilio - SR Hannah Bjornson - SR Rachel Andre - SR

Mia Wallach - Soph Aveya Stone - JR Nicole Tuszynski - SR Amanda Roch - JR Sena Hens - Frosh

WATER POLO GIRLS

Ella del Rosario - Soph Brooklyn Plomp - SR Campolindo Wendy Heffelfinger - SR 2nd Team Campolindo Liv Hoppe - SR Campolindo Adelyn Jorciza - Frosh Campolindo Sydney Kring - Soph Campolindo London Menard - SR Campolindo Ana Pieper - SR Campolindo Nikki Frazier - JR Campolindo Sammy Frazier - JR Campolindo Rosalie Hassett - SR Campolindo Tali Stryker - SR

Campolindo Ally Larsen - JR Campolindo Ali Sagara - JR Miramonte Bea Hearey - JR Miramonte Audrina Kang - JR

Miramonte WATER POLO - BOYS

2nd Team Defense Miramonte Joey Cecchin - SR Outstanding Goalie Campolindo Dylan King - JR 1st Team Hayden O'Hare - JR 1st Team 1st Team Will Vranesh - SR Ellis Culleton - Frosh Will Maguy - Frosh Cade O'Hare - Frosh Dante Vattuone - SR Henry Engs - SR Grant Kurtz - SR Oliver Sherwood - SR Campolindo Patrick Stice - JR Campolindo Tristan Tucker - Soph Campolindo Brock Bliss - Soph

2nd Team 2nd Team 2nd Team 2nd Team MVP 1st Team 1st Team 1st Team 1st Team 2nd Team Campolindo Jackson Cherry - Soph 2nd Team Ben Lucas - JR 2nd Team

2nd Team Acalanes Campolindo 1st Team Campolindo 1st Team Campolindo 2nd Team Campolindo 1st Team Miramonte 2nd Team Miramonte 2nd Team

Miramonte Acalanes Acalanes Acalanes Acalanes 2nd Team Goalie Acalanes Outstanding Goalie Campolindo

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Miramonte

Miramonte

CROSS COUNTRY - GIRLS Olivia Williams - SR

1st Team Nevis Murphy - Soph 1st Team Megan Yee - SR 2nd Team Shea Volkmer - SR 1st Team Kate Kabenina - SR 1st Team Daisy Penney - SR 1st Team Amalia Contreras - Frosh 2nd Team Sloan Pullen - JR 2nd Team Grace Bell - SR 2nd Team

CROSS COUNTRY - BOYS

TENNIS - GIRLS

Alex Thomasson - SR 1st Team Cody De La Cruz - Soph 2nd Team Clark Gregory - Frosh 2nd Team Asher Patel - SR 1st Team Logan Letulle - Soph 1st Team James Jenkins - JR 2nd Team

Aamena Shipchandler - Soph

2nd Team Singles Acalanes Sophia Raldugina-Zhu - JR 1st Team Singles Campolindo Annie Cooper - SR, Nola Coae - JR

1st Team Doubles Campolindo Dilara Basegmez - SR 2nd Team Singles Campolindo Natalie Zebley - SR, Alyssa Muller - SR

2nd Team Doubles Campolindo Caitlin Chan - Soph 1st Team Singles Miramonte Emily Suh - JR, Maddie Essner - FR

1st Team DoublesMiramonte Maddie Silveira - Soph 2nd Team Singles Miramonte Nicole Hui - SR

2nd Team Singles Miramonte Nicole Guo - SR 2nd Team Singles Miramonte

GOLF - GIRLS HONOR SCHOOL

Haley Chelemedos - JR Campbell Evans - JR Hana Chelemedos - JR Jasmine Malekafzaci - JR Paige Sovocool - Soph Antong Cao - SR

1st Team 1st Team 2nd Team 2nd Team 1st Team 2nd Team Acalanes Acalanes Acalanes Campolindo Miramonte Miramonte

Lamorinda recycling

... continued from Page 1

plastics No. 1 to No. 7, detergent bottles, lids and caps, water jugs, and more also belong in the blue bin; a wide assortment of paper from telephone books and computer paper, to junk mail, magazines, and newspapers, just to name a few, are perfect for recycling. However, the one culprit in the form of corrugated, used pizza boxes should always go into the green bin. The oils from pizza boxes cause unnecessary contamination and damage throughout the recycling process. "Greasy pizza boxes contaminate clean recycling and are expensive for the recycling industries," states the recyclemore.com website. "It's estimated that contamination costs recyclers \$700 million per year due to damaged machinery, the cost of disposing of non-recyclable materials, and wasted time."

MDRR also collects approximately 600 pounds a week in household batteries from places such as CVS's small green buckets which are located near most of the stores' entrances for customer convenience.

All too often, residents throw damaged garden hoses (which belong in the black landfill bins) into the blue bins. On average, 25% of what comes to the plant under the guise of recycling winds up in landfills. Rajan explained that the "reuse" pickup day (held twice a year) is a great way for people to get rid of items in the home that they no longer want, but could be reused by someone else (provided things are in working order). These reusable

items go to an onsite warehouse location where nonprofit organizations can collect things for reuse by homeless shelters or others less fortunate. The trucks that come by neighborhoods on "reuse" days should have the company logos on them and their drivers will be in uniform. Trucks with no recycle logos or uniformed personnel should be reported, as they are not part of the program. During RecycleSmart's 2022 Reuse program, 37,373 households were visited, 3.4 million pounds of items were collected and donated, and 165,000 pounds of books were collected for redistribution.

When it comes to sorting plastics from the non-desirable items, Nejedly explained that a conveyor belt carries the items past a machine la-

beled NRT (National Recovery Technologies) that operates as an optical sorter. When it spots an item that doesn't belong, an air cannon blasts the item off the conveyor belt and into a separate bin. Other equipment can spot the wrong items along a conveyor belt route and use claws much like those in arcade games to grab the offending piece.

Old corrugated cardboard (OCC) is separated from other paper which goes through a processing machine "much like watching lasagna being made," said Rajan. He visited a recycled paper plant and watched while the paper was saturated with water that turned it into a mushy pulp. After additional processing the finished product came out the other end looking

like sheets of pasta. Tin and metal are highly recyclable and is bought by a company in Washington state. Due to California's strict environmental regulations many forms of recycling are no longer allowed and are outsourced.

According to Nejedly, all of MDRR's glass is sold to the Gallo Glass Company in Modesto, whose parent company is E.& J. Gallo Winery. Gallo makes its own glass bottles using up to 75% of recycled glass. Their glass processing plant goes through 150 thousand tons of recycled glass a year, and manufactures 2 million bottles a day for its own private

The company is on track to build a future Mt. Diablo Resource Recovery Park thanks to an agreement with the city of Pittsburg to improve services through the use of new innovations. A

first step is to comply with California's upcoming regulations with regards to zero emissions vehicles. Also in the works are collection vehicles that are able to detect if there is a "contamination" in the blue recycle bin. In other words, a significantly large enough item that belongs in one of the other bins. If it happens on a regular basis, a citation could be in the resident's future.

"People want to recycle more and are trying to be more conscientious about what they put in," Rajan said optimistically, "but you can't use your recycle can just because your garbage can is full just to get rid

For more information visit: mdrr.com.