

# LAMORINDA WEEKLY

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Volume 01; Issue 15

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Wednesday, September 5, 2007



Wagner Ranch welcomes kindergartners to their first day of school

If you belong to a family with school-aged children, there's no other day of the year that rivals the first day of school in overall excitement and anticipation, except perhaps the last day of school. The 2007-2008 school year began throughout Lamorinda last week.

On Wednesday, August 29, Wagner Ranch Elementary School in Orinda welcomed back 389 students for the start of the new school year. Bright sunshine greeted the children as they streamed in, for the most part wide-eyed in anticipation of the school year about to begin. Most had shiny new backpacks, haircuts and a parent in tow, except for those who announced to their parents, "I don't need you to walk me in. You have to drop me off at the curb, and my friends must not see you." The students received notice of their assigned teacher only the day before school started at Jumpstart.

School supplies, the lunch program, spirit wear, Girl & Boy Scouts sign ups, and more are all part of the Jumpstart program, organized by Parent Club volunteers, where Wagner Ranch families have one stop shopping for all their school needs. At Jumpstart, when students turn in their emergency form, they get a welcome packet that has their teacher and classroom information.

... continued on page 10

## First Day Excitement!

By Cathy Tyson

### Lamorinda Schools Stay on Top

By Lee Borrowman

On August 31, the California Department of Education released its 2007 Accountability Progress Report, which is comprised of the state Academic Performance Index (API), the federal Adequate Yearly Progress (AYP), and the federal Program Improvement (PI).

The API is a numeric scale ranging from 200-1000 that reflects a school's or local agency's performance level based on the results of statewide testing. California's ultimate goal is to have all schools scoring 800 or better on the API. Nearly all of Lamorinda's public schools have been and remain over the 900 mark. This is good news for homeowners in the district, as consistently good scores reflect the added value of a top-notch school system to home buyers and sellers.

The Acalanes Union High School District's API of 882 was the highest in the state. In a statement released by the District Office, Superintendent Jim Negri said, "I am very pleased by the assessment results released today. The results are a strong indicator that the exemplary efforts and commitment of our teachers, support staff, ad-

ministrators and community align with our continuous improvement efforts related to student learning and achievement."

All schools in the district measured academic growth under this index. Miramonte joins Campolindo in the select group of high schools scoring above 900.

Although API scores were somewhat lower than last year at many of Lamorinda's elementary and intermediate schools, all remain among the best in the state with bragging rights to scores of 900 or more. Gains were made by Lafayette Elementary, Camino Pablo Elementary, Wagner Ranch Elementary and Joaquin Moraga Intermediate. In overall district scores, Orinda was down eight points from last year with an API of 950, Moraga was up five points to 943, and Lafayette dropped seven points to 913.

The results of the 2007 Standardized Testing and Reporting (STAR) Program and the 2007 California High School Exit Examination (CAHSEE) were used in calculating the 2007 Growth API. For more information or to view the complete API reports go to <http://www.cde.ca.gov/>.

### Moraga Road Bumps Land Council in Special Meeting

By Steve Angelides



School's Open, Watch Your Speed (especially on Camino Pablo)

read story on page 3

#### "Academic Performance Index Scores for Lamorinda Elementary and Intermediate Schools, 2006 Base and 2007 Growth"

	2006	2007
<b>Orinda Union School District</b>	<b>958</b>	<b>950</b>
Del Rey	971	953
Glorietta	960	950
Sleepy Hollow	980	979
Wagner Ranch	950	955
Orinda Intermediate	not available	941
<b>Lafayette School District</b>	<b>920</b>	<b>913</b>
Burton Valley	937	932
Happy Valley	948	948
Lafayette	903	906
Springhill	913	900
Stanley Middle	914	904
<b>Moraga School District</b>	<b>938</b>	<b>943</b>
Camino Pablo	938	956
Los Perales	967	958
Rheem	964	959
JM Intermediate	920	929

#### "Academic Performance Index Scores for Acalanes Union High School District, 2006 Base and 2007 Growth"

	2006	2007
<b>AUHSD</b>	<b>874</b>	<b>882</b>
Acalanes	889	893
Campolindo	903	908
Las Lomas	839	840
Miramonte	893	905

#### "High-Performing High School District Comparison, 2006 Base and 2007 Growth"

	2006	2007
Acalanes Union	869	882
Los Gatos/Saratoga	884	872
Tamalpais	816	849
Fremont Union	845	840
San Diegoito	835	830

\* data provided by AUHSD

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### Events Raise Awareness, Funds for "Silent Disease"

By Jennifer Wake

At age 43, when Lafayette business owner Wendy Tamis began to have shooting abdominal pains that left her doubled over, she knew something was wrong. But when several months passed without relief and her fingertips became numb, the tips turning black, she really got scared. A professional harpist, she could no longer play and had no answers as to why.

More than six months after her initial symptoms began and five doctors later, she was finally diagnosed with ovarian cancer in the emergency room.

Once considered a "silent disease," researchers are now finding a cluster of symptoms to watch for that could be the early stages of the cancer, most common of which are bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and feeling a frequent or urgent need to urinate. Loss of blood flow to the

fingers, as Tamis experienced, is a much rarer symptom.

Now able to play the harp again, and more than five years after her diagnosis, Tamis and her husband Scott Hampton are planning their fourth annual "Time to Celebrate Life" event - which encompasses an evening of great food, live music, and prizes held at the couple's business, Clocks, Etc., in La Fiesta Square on Oct. 4 from 5 to 8 p.m., to benefit the National Ovarian Cancer Coalition (NOCC).

"We thought, 'Maybe we can do something to make people more aware of ovarian cancer,'" said Hampton. "We sat down with our friend Julie Olson, who also had ovarian cancer, and her husband, and brainstormed. A harpist volunteered to play at our first event, a band at the second. We give a grandfather clock away as a grand prize each year. It's something we can do."

... continued on page 13

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Owners Wendy Tamis and Scott Hampton stand amongst their many chiming wares at Clocks, Etc. in Lafayette's La Fiesta Square Photo by Jennifer Wake

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# Lamorinda Community, Calendar, Agendas, Notes, News

# Lafayette

Calendar	
<b>City Council</b>	7pm Community Center, Manzanita Room 500 St Mary's Road Monday, Sept 10
<b>Planning Comm.</b>	7pm Community Center, Manzanita Room 500 St Mary's Road Thursday, Sept 6
<b>Design Review</b>	7pm Community Center, Manzanita Room 500 St Mary's Road Tuesday, Sept 11
<b>Park, Trails, Rec.</b>	7pm Community Center 500 St Mary's Road Wednesday, Sept 12
<b>Circulation</b>	7pm Community Center, Manzanita Room 500 St Mary's Road Monday, Sept 17
<b>Emergency Prep.</b>	9:15am City Offices 3675 Mt. Diablo Blvd. Suite 265 Wednesday, Sept 12
<b>Senior Services</b>	3:30pm Community Center, Alder Room 500 St Mary's Road Thursday, Sept 27

check online:  
Town of Lafayette:  
<http://www.ci.lafayette.ca.us>  
for:

- all meeting notes
- calendar updates

Chamber of Commerce:  
<http://www.lafayettechamber.org>  
for:

- local businesses
- upcoming events



**Cap Caper, 8/24/07** The gas cap to a white Volvo parked on Dolores Drive near Mount Diablo Boulevard was stolen at approximately 5:00p.m. Estimated value about \$100.

**Residential Burglary, 8/23/07** A Hawthorn Drive resident returned to his home to find his laptop, two iPods and an unknown amount of jewelry taken by unknown suspects. Because there was no sign of forced entry, it's a mystery as to how the burglars got in.

**Auto Burglary, 8/23/07** The left rear passenger window of a black BMW was smashed while parked in front of owner's residence on Huntleigh Drive. Sadly, the husband had left his black canvas computer bag in plain sight.

**Embezzlement, 8/20/07** On this date Lafayette Police received an embezzlement report from the Washington Mutual Fraud Investigation person. The bank suspected the employee in question stole \$13,000 from the bank. Fraud investigator interviewed suspect and he confessed. Police officer interviewed suspect and was told he took the money while working to pay off his bills.

## Let's Eat Cake!

By Sophie Braccini

On September 6th 2007, the Marquis de La Fayette would turn 250 years old. At age nineteen, the bold teenager who embarked for the Americas against his family's will could not have imagined that so many years later he would still be celebrated in the country he was setting out to help free. In the United States there are more than two dozen cities and towns named after La Fayette, as well as a river in Virginia and a mountain in New Hampshire. Many of these locations are planning festivities honoring the life and legacy of the French citizen and hero of the American Revolution. Residents of Lafayette have not forgotten why our city bears his name. When Paul Fillinger, President of the Lamorinda Sunrise Rotary, met with former Consul Général of France Frédéric Desagneaux last year, the two men discussed a memorable and meaningful way to celebrate the Marquis' birthday.

Catherine Jolivet, founder of

French for Fun, a French school and cultural center located in Lafayette, also wanted to celebrate.

A member of the Chamber of Commerce, she contacted Chamber Executive Director Jay Lifson, who suggested including a birthday celebration with the first "Jazz on the Plaza" concert on September 7th. That evening the Fred Randolph Combo will play and all are invited to bring a picnic, but don't bring dessert. At the concert break a very large cake donated by the Walnut Creek French restaurant "Le Bistro," and cakes donated by the families of French for Fun, will be shared with all in honor of the young hero of the War for Independence. The Lafayette Chamber is providing utensils and Bank of the West the balloons. Jolivet convinced local merchants such as Trader Joe's and Diablo Foods to flag their French products, so those who want to plan a French picnic can do it painlessly.

On the actual birthday, Sept. 6th, the City of Lafayette and the

French Consulate in San Francisco will hold an official private ceremony. It will be hosted by the Lafayette Park Hotel and supported by the Lafayette Chamber of Commerce.

Generations in Jazz, the Lafayette Historical Society, Lamorinda Sunrise Rotary and Lafayette Rotary are sponsoring the event. Volunteers serving the City of Lafayette have been invited in thanks for their service to the community. The new Consul Général, Pierre-Francois Mourier, and Pierre Mattot, the consulate's Press Attaché, will represent the French. Among the large American contingent will be Lafayette Mayor Carol Federighi, Lifson and Fillinger. During the ceremony, watercolor panels created by local artist John Finger will be unveiled. These panels, sponsored by Lafayette's two Rotary Clubs, represent the life of the Marquis de La Fayette and are to serve as the base for a mural.

Mattot expresses his enthusiasm by saying that "this commemoration is the celebration of

French-American friendship. That relationship was forged on the battlefields of the Revolutionary War and beyond. We are proud to come to Lafayette to celebrate with our American friends."



## Lafayette Art and Wine Festival

If you haven't already marked your calendar, the annual Lafayette Art and Wine Festival will be held on Satur-

day, September 15th and Sunday, September 16th. Schedules have been set for the Chef's Stage cooking demonstrations,

featuring some of the East Bay's best chefs, and musical entertainment by our most popular local bands.

### 2007 VIKING CHEF'S STAGE

Saturday September 15, 2007	
12:00	Rachelle Boucher of Generation Chefs
1:00	Marcelo Abusada of The Patio
2:00	Gordon Drysdale of Pizza Antica
3:00	Jean-Paul Peluffo of Le Bistro
4:00	Chuck Courtney of Lafayette Park Hotel
5:00	Suzy Quenneville of Viking Home Chef
Sunday September 16, 2007	
12:00	Daniel Clatyon of Nibbler's Eatery
1:00	Andy Tsang of Uncle Yu's
2:00	Michael Zeiter of Postino
3:00	Sun Chuen Yan of Yan's Restaurant
4:00	Kevin Weinberg of Walnut Creek Yacht Club

### 2007 MUSIC SCHEDULE:

Saturday, September 15, 2007:	Sunday, September 16, 2007:		
<b>ART STAGE-50 Lafayette Circle</b>	<b>ART STAGE-50 Lafayette Circle</b>		
11:00-12:30	Ellie Athayde	10:00-11:00	Safeway Fresh Concert
1:00 - 2:30	Nitelites	11:30-1:00	Big Sirs
3:00 - 4:30	Bob Athayde	1:30-3:30	Pure Honey
5:00 - 6:30	Annie Sampson	4:00-6:00	Delta Wires
<b>WINE STAGE-3583 Mt. Diablo Blvd.</b>	<b>WINE STAGE-3583 Mt. Diablo Blvd.</b>		
11:00-12:30	Red House	11:00-12:30	Sound Advice
1:00 - 2:30	Red House	1:00-3:00	Aja Vu
3:00 - 4:30	Workingman's Ed	3:30-5:30	The Sun Kings
5:00 - 6:30	Evolution		

### FESTIVAL BEER & WINE PACKAGES:

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1 Glass + 4 Tickets	\$25
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1 Ticket	\$ 6

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# Lamorinda Community, Calendar, Agendas, Notes, News

# Moraga

**Calendar**

**City Council 7:30pm**  
Joaquin Moraga Intermediate School  
1010 Camino Pablo  
Monday, Sept 12

**Planning Comm. 7:30pm**  
Hacienda, La Sala Room  
2100 Donald Drive  
Tuesday, Sept 17

**Design Review 7:30pm**  
Hacienda, La Sala Room  
2100 Donald Drive  
Monday, Sept 10

**Park & Rec 7:30pm**  
Hacienda, Mosaic Room  
2100 Donald Drive  
Tuesday, Sept 18

**Liaison 8:00am**  
Fire Station  
1280 Moraga Way  
Friday, Sept 14

**Chamber of Commerce 8am**  
Terzetto's Cuisine  
Moraga Shopping Center  
Saturday, Sept 28

check online:  
Town of Moraga:  
<http://www.ci.moraga.ca.us>  
for:  
• all meeting notes  
• calendar updates



**Residential Burglary, 8/27/07** Officers responded to Larch Avenue on a report of a suspicious vehicle. On arrival, officer saw a male subject coming out of the residence wearing socks on his hands; another suspect ran out the back and was later apprehended at Camino Pablo Elementary School following a phone call to MPD from Superintendent Rick Schafer, who spotted the suspect. Items stolen in Orinda were recovered in suspect's vehicle.

**Speeding With A Friend, 8/23/07** A vehicle was stopped on Larch Avenue near Wandel for a speed violation. The driver, a 16-year-old girl, had a California Drivers license with restrictions prohibiting carrying passengers under 20 years of age. Unfortunately there was a juvenile in the front passenger seat in violation of the license restriction. The driver's mother was contacted and a juvenile diversion program was offered and accepted.

**Woman Beats Up Ex, 8/20/07** Moraga police officers arrived at an Ascot Drive residence for a domestic dispute. The male victim had been battered by his ex-girlfriend and had visible injuries to his hands, shoulder and back. The female had no visible injuries. As the female was taken into custody she fought with officers causing minor injuries.

## Road Bumps Land Council in Special Meeting

... continued from page 1

Supporters call them raised crosswalks. Opponents call them speed bumps. Technically they're called speed tables. The signs in the road simply say, "Bump." Whatever they're called, the three large bumps that appeared on Camino Pablo last month as part of the paving project are so controversial that they have prompted a special Town Council meeting on Wednesday September 5.

Town Manager Phil Vince said the Town has received about three dozen calls and e-mails which have been evenly divided. Town Engineer Jill Mercurio said supporters include parents and school officials and opponents include residents without children in the schools.

The Town's Traffic Safety Advisory Committee reviewed the paving plans in March and April and decided that the school crosswalks on the road should be "slightly raised to increase visibility and differentiate them from the roadway." The bumps are designed to slow traffic to 15 mph or less.

Mercurio said the Town Council never discussed or approved the bumps because that was not required at the time. Council approval for such measures would be required in the future under the Town's draft traffic calming plan, Mercurio added.

The leading opponent of the bumps is Lee Bren, an area resident who was first runner-up in the 2004 Town Council election. Bren said he passed out 350 flyers

asking residents to e-mail the Town. "I've been a one-man wrecking ball the past two weeks," Bren said.

Bren said he decided to take action after he saw a vehicle become airborne, lose control, and almost slam into a curb in front of a school after going over one of the bumps at the posted speed limit of 35 mph. Bren said he also saw a vehicle with the left tire torn off and that the oil pan of another vehicle was ripped off.

Vince explained that at the special meeting the Council would consider removing the bumps, smoothing them out to speed up traffic, or leaving them as they are for a few months. Bren is pleased about the meeting and plans to pass out flyers about it.

## Culture Clash in Moraga?

By Sophie Braccini

On August 14, an angry crowd stormed into Amoroma, located in Moraga's Rheem Center, and started shouting at the first waitress they encountered, "You're promoting pornography in our community!" Never had the Italian restaurant witnessed such uproar and the waitress was at a complete loss. Michele Lavecchia, the owner of both Amoroma and the Rheem Theater, was able to calm the crowd.

The distressed individuals had been attending the Rheem Theater's French Night, held every second Tuesday of the month. Like its counterpart Italian Night, (the first Tuesday of



Michele Lavecchia in front of the Rheem Theater  
Photo by Sophie Braccini

each month), a different movie of French origin is screened. Both Italian and French Nights have become a mini-tradition at the theater, and include wine tasting, appetizers and a short description

of the evening's movie. Lavecchia explained to the unhappy patrons of the arts, "The purpose is not to shock the audience or hurt their feelings; we research movies that are recent, have won international recognition and present artistic content."

The movie causing all the uproar was "L'humanité", written and directed by Bruno Dumont, which won top awards at the 2000 Cannes International Film Festival. Dumont has a reputation for painting humans in their most desperate and primal states without the interference of moral judgment. "L'humanité" takes place in a village where the rape and murder of a young girl has just occurred. Some of the images are graphic and can shock an unprepared audience. Lavecchia's theater was full, but he noticed that about twenty people left at the beginning of the movie.

... continued on page 7

## Rheem Center Woes

By Sophie Braccini

The Box Guy, 2nd Generation Consignment, Star Shoes, The Karate and Fitness Place, Mia and Friends, Special-Tees, Imelda Ward, Beauty Source...the list of businesses that have left, or are leaving, the Rheem Center is long, and growing longer every month. Some of these businesses have relocated; others have packed it up and called it a day. This might be considered business as usual and not of major concern had new merchants been moving in to take their place, but the number of empty spaces is clearly rising. Of the fifty-one storefronts in the Rheem Center, eight are currently vacant.

Jack White, the owner of Beauty Source, says he had no choice but to pull out of

Rheem. The new owner of the Center, Kimco Realty Corporation, notified him that his lease would cost 25% more when renewed; Beauty Source had been in operation at Rheem for ten years and was profitable, but not enough for White to be able to afford the rent hike.

White was able to secure a new location two miles south in the Moraga Center, which currently has several vacancies as well, although recently more businesses are moving in rather than out; Beauty Source will once again be the neighbor of the Karate and Fitness Place, which also made the move down the street from one Center to the other.

Rising rents may not be the only problem at Rheem.

... continued on page 11

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# Lamorinda Community, Calendar, Agendas, Notes, News

# Orinda

Calendar	
City Council	7pm
Auditorium, Orinda Library 26 Orinda Way Tuesday, Sept 18	
Planning Comm.	7pm
Sarge Littlehale Conf. Room City Hall, 22 Orinda Way Tuesday, Sept 11	
Public Safety Comm.	7pm
Community Room at City Hall 22 Orinda Way Thursday, Sept 13	
Hist. Landmark Comm.	3pm
Gallery Room, Upper Level 26 Orinda Way Monday, Sept 25	

**Liaison** 8:30am  
Community Room at City Hall  
22 Orinda Way  
Monday, Sept 10

check online:  
Town of Orinda:  
<http://www.ci.orinda.ca.us/>  
for:  
• all meeting notes  
• calendar updates

**Chamber of Commerce:**  
<http://www.orinda-chamber.org/>  
• local businesses  
• upcoming events



**Residential Burglary, 8/27/07** A Coral Drive residence was broken into. Suspects entered the rear yard through a side gate then removed the screen from an open rear window. The home was ransacked. Nintendo Wii system, Xbox, Sony Playstation and a P.S. 2 were taken. No witnesses. Fortunately two suspects were arrested by Moraga Police Department later that same day with the stolen property in their vehicle.

**D.U.I., 8/27/07** A 42 year old white male was pulled over on the off ramp of Highway 24 at Camino Pablo for an unsignaled and unsafe lane change. The officer notice he smelled of alcohol. Two breath samples were taken, both measuring .14% Subject also preformed poorly on field sobriety test.

**I.D. Theft, 8/27/07** Possible identity theft of Meadow Lane juvenile. The father reported his son's debit card information was compromised. An unknown suspect used his son's personal information to obtain a duplicate card and used it on two occasions.

**Bad Dogs, 8/23/07** Two dogs, an Akita and a Sharpei mix entered into a home on Fern Way. Homeowner said dogs entered by unknown means and got into a fight with her two dogs. Orinda Police assisted Animal Control officer in removing the two aggressive dogs. Both the homeowner and Animal Control Officer were bitten.

Read online at:  
<http://www.lamorindaweekly.com/html/read.html>  
(a pdf reader is required to view the pages.)

## Seniors Around Town Driving Program

**By Jennifer Wake**  
*Unique Driving Program Helps Take "Seniors Around Town"*

As a senior, losing your ability to drive can be devastating, says Orinda Association President Kate Wiley, especially when you live in Lamorinda. So when the City of Orinda received funding from the Southwest Transportation Demand Management Program in 2003 to create a city-wide rideshare program, Wiley saw a way to make a difference.

"We already had a casual rideshare program for adults," Wiley said. "What we needed was transportation for seniors."

Wiley helped rewrite the intent of a \$35,000 grant to create Seniors Around Town (SAT) – a program exclusively for Orinda seniors who are no longer able to drive and who may not qualify for the County Connection LINK system. Volunteer drivers offer transportation to the Lamorinda, Berkeley and Walnut Creek areas from 9 a.m. to 4 p.m. Monday through Friday.

Thanks to help from Contra Costa County Supervisor Gayle Uilkema, the program, which is run through the Orinda Association office, offers volunteer drivers an easy and cost-free way to help their neighbors. Fees are waived for fingerprinting and background checks, and DMV paperwork can be handled via the mail.

Current SAT coordinator Eartha Newsong says the program offers convenience, com-

fort and camaraderie. "These are seniors who have lived here for many, many years and are not eligible for LINK," she said. "But even LINK picks up others and often the schedules are at difficult times. With our program, [riders] are in a personal car on their own schedule and friendships develop."

Retired nurse Rosie Heim of Orinda has been a driver for more than a year, and says the program feels "almost like a friend calling to say they need a ride."

"One or two of the riders I've gotten to be friends with and I'll drive them to appointments," Heim said. "Since our kids grew up here and went to the same schools, we chit-chat about that." She only wishes she could drive more.

To keep them from getting overwhelmed, Newsong rotates drivers regularly. "I try not to call them more than once a month," she said.

What started as a program with only six drivers now has a total of 27, with six more pending, and 72 Orinda residents are registered as riders. The program averages 44 trips to and from appointments each month, and drivers and riders are screened prior to their participation. Unfortunately, some like those in wheelchairs cannot participate.

"We worked with several registered nurses to understand

the senior population and the needs of our clients," Wiley explained. "We slowly worked it up to what we have today."

For Heim, the program is "a nice thing to have in your back pocket."

"As a resident of Orinda, I don't know what I'd do if I didn't drive," she said. "It's a panicky feeling."

To learn more about the Seniors Around Town program, visit the Orinda Association Web site at:  
[www.orindaassociation.org](http://www.orindaassociation.org).

### Classic Car Show Benefits Senior Rideshare Program

On Saturday, Sept. 8, Orinda Motors will be holding its 3rd Annual Orinda Classic Car Show to benefit the Seniors Around Town program. The event is free from 10 a.m. to 2 p.m. in Orinda Village at Orinda Motors (63 Orinda Way), but if you make a donation of \$25 you will have an opportunity to ride in one of the cars – including American and European cars ranging from the 1920's, to the classics of the 50's and 60's, as well as modern exotics – during the parade at the close of the show.

Raffle prizes include a chance to win race laps with 24hr Daytona winner and Orinda resident, Jochen Rohr, at Infineon Raceway in Sonoma on Saturday, Oct. 27. Jochen will be signing racing posters at the event, which is sponsored by Orinda Motors, Capture Technologies, The Mechanics Bank, Village Associates Real Estate, and the Orinda Fed Ex Kinkos.

## Xenophon Goes Out to Play, with Friends

**By Lee Borrowman**



Michael Muir loads a wheelchair. Photo by John Fazel

Family and friends of Orinda's Xenophon Therapeutic Riding Center ([www.xenophontrc.org](http://www.xenophontrc.org)) enjoyed their annual barbeque at the San Pablo Reservoir on Sunday, August 26. This year, they were joined by special guests Michael Muir and Access Adventure ([www.access-adventure.org](http://www.access-adventure.org)), who provided rides in a large carriage pulled by their Percherons, Ruby and Reba. The two non-profit organizations have much in common, both using very special horses to offer unique and valuable services to the disabled.

Xenophon offers a program of therapeutic horseback riding and related activities to children with disabilities such as autism and cerebral palsy.

Through riding and interacting with Xenophon's gentle horses, these children conquer fears, build confidence, coordination and develop physical mental and social skills.

Access Adventure provides open space recreation and wilderness access for people living with the challenges of disability. Their horse-drawn carriage is equipped with a solar powered battery operated lift that can accommodate up to 500 pounds. "We give people who can't ride a horse the chance to be close to them," said founder Muir, who was there to show support for Xenophon. Muir said of the event, "It was about having a good time with family and friends!"

Read our previous article about Xenophon on-line at:  
<http://www.lamorindaweekly.com/archive/issue0109/pdf/HORSESWITHHEARTORINDASGENTLEHEROES.pdf>



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# Life in LAMORINDA

## Returning to the Workforce: Former Stay-at-Home Moms Rise to the Challenge

By Yvonne Lefort, M.A.



Lynne Wilkins with her daughter Elena and their dog  
Photo by Andy Scheck

Like many stay-at-home mothers, Moraga mom and attorney Renata Sos had to decide when the ideal time was for her to go back to work. Although she loved being a mom to her twin daughters, Kate and Jenna, and was actively involved with their activities, she missed the professional world. After almost 6 years of being a stay-at-home mom, she decided to return to work when her daughters were in first grade.

For many moms who have opted to stay at home to raise families, the beginning of a new school year may prompt the question of whether it's time to go back to work. Some decide to resume working for financial reasons. Others go back because they're bored or miss feeling a sense of accomplishment. Many mothers also enjoy having a personal identity outside of motherhood.

Tasha Ziegenbein Rasilla of Moraga decided to go back to work because she missed her job and needed more intellectual stimulation. "I look forward to going to work—doing things other than laundry, dishes, and kids' stuff," she says. After staying home with her children, Max and Haley, until they were in preschool, she returned to work in construction project management.

Being at home gives moth-

ers the opportunity to rethink their priorities and decide what they want and need in their next work situation. Many, in fact, do not want to go back the same type of work they had before children but aren't sure what they want to do. However, the majority of mothers report that their number one priority is job flexibility, such as the ability to telecommute and to set flexible hours.

Sos, for example, works from home once a week and can do her job anywhere although she mostly commutes to San Francisco. She gets up very early in the morning to work 2-3 hours before her daughters get up. "It's worth it," she says, "because I can be home by 6:00 p.m." Rasilla works part-time and has a flexible schedule, only working when her children are in school.

So, are these mothers happy with their decision to return to work? The answer, for the most part, is "yes." For Lafayette mother Lynne Wilkins, the decision was a mixed bag. For her, having a job that was meaningful and fulfilling was most important. She took a full-time position doing program administration and teaching English to immigrants when her daughter Elena was 2. Ideally, she would have stayed home longer but the right job presented itself at the right organization. Although she has some flexibility, she wishes she could have been home more and been more involved with her daughter's first years of school.

What advice do these mothers have for other mothers who are thinking about going back to work? Rasilla says, "If you're worried or don't feel self-confident, it's like riding a bike—your skills will come back." Sos encouragingly states, "The years you spend at home are valuable years—they give you wisdom, perspective, and a track record of being able to multi-task. Go into the job market with a positive outlook. You will find you have

a receptive audience." Wilkins advises, "Try to get fulfilling work. It helps in moments when you can't be with your kids."

If you're a stay-at-home mom thinking about going back to work, here are some tips:

1. Stay in contact with former employers. Rasilla made sure that hers knew that she eventually wanted to return to her job. Years later, when they asked her if she would come back, she jumped at the opportunity—but asked for the flexibility she wanted.

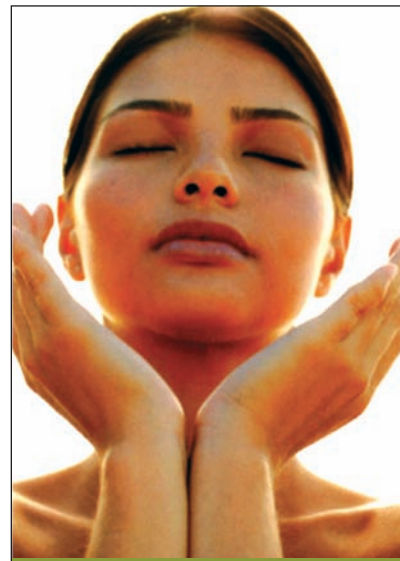
2. Do volunteer work, ideally something that will help you professionally down the road when you're ready to go back to work. While a stay-at-home mom, Sos remained professionally active by working as a board member with the California Board of Accountancy. Later, when an in-house counsel position opened at one of the big accounting firms, they recruited her.

3. Even if you eventually want full-time work, consider taking a part-time or temporary job to start out. Wilkins taught one night a week at a community college before landing her current position with a non-profit agency.

4. Make sure your skills are up-to-date or learn new skills. Take classes through adult education centers, community colleges, university extension programs or online.

5. Network, network, network! Join a professional organization, send emails to people in your field, go out to lunch with former colleagues. Talk to all your friends, even those who are stay-at-home mothers. You never know whom they might know.

Yvonne Lefort, M.A., is the mother of a 4th-grader and a career counselor in Moraga who specializes in helping re-entry mothers. Her website is [www.mothersinbalance.com](http://www.mothersinbalance.com).



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# Life in LAMORINDA

## Where Were You, Summer 1967?

By Jennifer Wake, with Wendy Scheck and Lee Borrowman



In the summer of 1967, the Beatles released Sgt. Pepper's Lonely Hearts Club Band, the People's Republic of China announced a successful hydrogen bomb test, the 12th Street Riots in Detroit, Mich., claimed 43 lives, Thurgood Marshall was confirmed as the first African American Justice of the United States Supreme Court, and The Who destroyed their instruments during a performance on The Smothers Brothers Comedy Hour.

Closer to home, our own Cathy Tyson was preparing to enter kindergarten at Los Perales in Moraga; in Orinda, Owsley Stanley, Grateful Dead audio engineer and legendary psychedelic chemist, was mixing up his own brand of trouble; and residents of Lafayette were arguing the issue of Incorporation.

### Where were you during this fateful summer?

**Darlene Haffner, Moraga**

"That summer, John and I were in a huge stadium in Sacramento waiting to listen to Martin Luther King, Jr. speak. An incredible silence came over the crowd. It was the most electrifying thing you could ever imagine."

**Jay Lifson, Executive Director, Lafayette Chamber of Commerce**

"I was 13 years old and a hippie wanna-be. That summer I hitchhiked to LA to see Jefferson Airplane in concert – the opening band was the Grateful Dead."

**Ken Tom, Moraga**

"I was the Assistant director of the Computer Facility at UCLA. There were several thousand people at a rally, when all of a sudden I heard them cry 'lets go to the computer center'. I ran to the center, blocked the door with my arms out to the side and spoke with the crowd. I told them that if they destroyed the computers, they would be hurting fellow students by destroying all of their research and thesis material. They backed down." (This was actually 1970, but who's counting)

**Jess Wellan, Owner, Lafayette Car Wash**

I grew up in New York, but when I heard what was happening in San Francisco I packed my bags and moved there. The summer of '67 I was living on the corner of Bush/Powell, paying \$400/month for rent and listening to Janis Joplin for free. I worked odd jobs and spent my free time at concerts like Jefferson Airplane where joints were thrown out to the crowd by the handful and the Hells Angels were the body guards."

**Jorge Quintero, Owner, Rheem Valley Pet Shoppe and Lafayette Pet Shoppe**

"I was in 10th grade and living in Oakland with my mom. As racial tensions rose, I felt that it was too dangerous to be a Caucasian in East Oakland so I packed up and moved to San Francisco to live with my uncle. I worked hard to make ends meet, but I had a great time, wore long hair, flared pants, earth shoes, and enjoyed myself a lot. I was at the Jefferson Airplane concert where someone was shot despite the Hells Angels."



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## Lemonade & Cancer

By Lee Borrowman



Left to right: Trevor Plummer (11), Steven Wilson (11), Gabrielle Wilson (6 1/2)

National Breast Cancer Awareness Month is coming up this October, during which organizations across the country will work in partnership to build breast cancer awareness, share information and provide access to screening

services. The Susan G. Komen for the Cure Foundation, proof that one person can make a difference in the fight against breast cancer, was the beneficiary of a grassroots fundraising effort by three of Lafayette's youngest citizens a bit closer to

home that caught our attention on a recent sunny afternoon.

Steven Wilson's god-mother has breast cancer. He and his sister Gabrielle, along with friend Trevor Plummer, decided to help the cause. On Sunday, August 26, they sold lemonade near their home in Lafayette to raise money for breast cancer research. At the end of the day, the trio had earned \$50 to send to the Susan G. Komen Foundation. Gabrielle explained that she wants to "Stop people from dying from cancer. It is very sad."

For more information on breast cancer awareness go to <http://nbcam.org> or the Susan G. Komen Foundation, <http://cms.komen.org/komen/index.htm>.

## Culture Clash in Moraga?

Following the uproar in the restaurant, Lavecchia considered canceling future French nights at the theater. Cultural differences between Europe and the United States might be too profound, he thought. Americans in general have a higher tolerance for violence and profanity, while the French seem to be more comfortable with nu-

dity and sexuality. Fortunately for French Nights, most of the audience appeared to appreciate the movie.

The next edition of French Nights arrives on September 11th. The featured film will be a comedy, "Drôle de Félix," which portrays the quest of a young, HIV positive, North African homosexual man to

... continued from page 3

find his father. His journey across the French countryside is beautifully filmed and the young man crosses paths with a fun group of characters. It is recommended that those who might be offended by the depiction of homosexual relationships seek alternate entertainment that evening.

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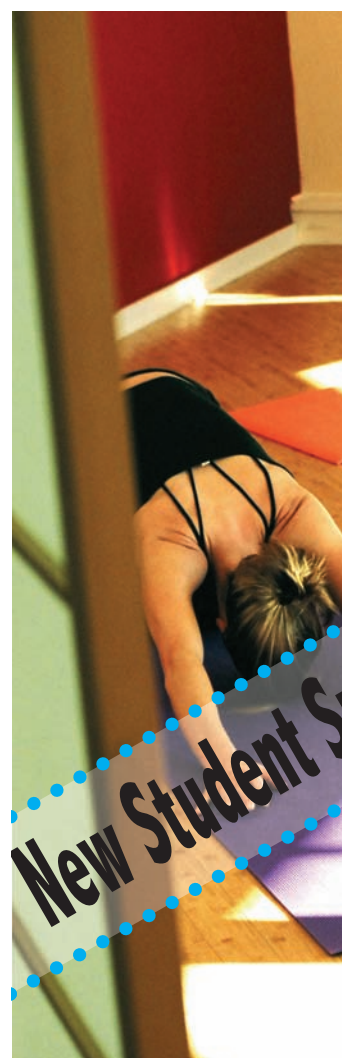
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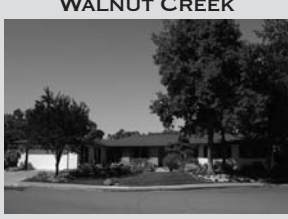
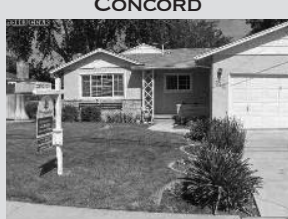

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**Free-Nesting: Not Just for the Birds**

By Ken Ryerson



Fred Cady owned this big house in Moraga for 36 year; he moved to Rossmoor last fall  
Photo by Tara Rochlin

For many, retirement brings change, including new opportunities and rewards. This phase in life for after kids have grown and moved out of the house is often called empty-nesting.

But the concept of retirement itself has evolved much in recent years. Many Baby Boomers and even Gen X-ers are choosing to retire from a traditional forty hour a week job at a much younger age than did their parents. This new phenomenon calls for the creation of a whole new descriptive name, and the term "free-nesting" fits the bill nicely.

While retirement is often viewed as being associated with aging, free-nesting is really about the next evolution in life where people can explore themselves and the world more than ever. They finally have the time and the money, and are free to do many of the things they have always wanted to do. For some, all their tireless effort has paid off and the need to work and raise children has passed. For others, the release from the work routine affords much more freedom. Chances may arise to do more travel, pursue hobbies, or spend more time visiting with children, grandchildren, or parents and friends.

Because the old house may not suit these new opportunities, it often makes sense to look for a new home to better fit this new, evolving lifestyle. Many factors influence the decision to move to a new dwelling; these factors often revolve around accommodating the changing needs

of free-nesters.

Perhaps the most obvious factor is property size and landscape. Many free-nesters choose single-story flat properties, foreseeing the day when stairs and slopes may become burdens. If frequent travel or socializing is anticipated, free-nesters may prefer a smaller property or condominium to minimize the need for maintenance and yard work, or to realize equity that may have built up in their family home over the years. Conversely, if a new goal or hobby like gardening or caring for animals is an interest, free-nesting may offer the opportunity to purchase a larger property or small ranch to accommodate such activities.

Another important factor in choosing a home for free-nesting is demographics. A neighborhood dominated by young families may not offer the best experience for free-nesters, given the noise and disturbances that boisterous children can bring. Although some free-nesters like the energy of neighborhood children, others may enjoy retirement communities for the comfortable society they provide -whether you enjoy chess, bridge, or golf, there are usually others nearby who share the same interests.

Still others prefer city life and its easy access to cultural centers, restaurants, and events. Living in a city or a walkable town can also address the issue of transportation as you age. A car can be a wonderful luxury but a costly necessity, and choosing the right home for free-

nesting can provide the best of both worlds — retaining the freedom to drive while eliminating the need to do so on a daily basis provides the opportunity to enjoy the benefits of a car with minimal hassle. At the same time, living a short distance from transit can expand your opportunities for travel without worrying about rush-hour traffic or coordinating with family members for pick-up.

Finally, many choose their new home to be close to family and loved ones. Study after psychological study finds the society of family and friends important to happiness, which confirms what we all intuitively know. Without the requirements of living near the office or good schools, many free-nesters are free to live where they choose and, for many, living near—but maybe not too near—loved ones is a savvy choice.



Ken Ryerson is a long-time Lamorinda resident, and a Realtor with Pacific Union GMAC Real Estate in their Orinda Office. For questions or comments, he can be reached at 925-878-9685 or via email at Ken@RyersonRealty.com.

Selling the family home and free-nesting may seem challenging, but moving to a home that truly suits the needs and desires of your evolving lifestyle can greatly increase your quality of life. The factors listed here count among the most common considerations for free-nesting, but are by no means the only ones; there are as many reasons as there are free-nesters.

When choosing a new home, it is important to consider all your goals and desires to develop a customized plan for free-nesting. Don't forget to work with a knowledgeable tax accountant to ensure that any tax implications associated with your potential move are taken into consideration. Consulting with a qualified realtor, who can assist you with retaining your current property's tax basis, may also be helpful for traditional retirees. But remember, the most important consideration is to develop a plan that fits you and your newly evolving lifestyle!

**Lamorinda Home Sales continued**



<b>LAFAYETTE</b>	Last reported: 16
LOWEST AMOUNT: \$477,500	
HIGHEST AMOUNT: \$3,000,000	
<b>MORAGA</b>	Last reported: 15
LOWEST AMOUNT: \$430,000	
HIGHEST AMOUNT: \$2,000,000	
<b>ORINDA</b>	Last reported: 7
LOWEST AMOUNT: \$500,000	
HIGHEST AMOUNT: \$2,298,000	

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

- LAFAYETTE**
- 100 Camelia Lane, \$1,975,000, 4 Bdrms, 2562 SqFt, 2003 YrBlit, 8-8-07
  - 10 Crest Road, \$1,500,000, 8-15-07
  - 1250 El Curtola Boulevard, \$725,000, 3 Bdrms, 1077 SqFt, 1951 YrBlit, 8-10-07
  - 525 Florence Drive, \$791,500, 3 Bdrms, 1468 SqFt, 1951 YrBlit, 8-9-07
  - 3230 Greenhills Drive, \$1,753,000, 5 Bdrms, 4899 SqFt, 1987 YrBlit, 8-16-07
  - 4034 Happy Valley Road, \$3,000,000, 3 Bdrms, 2510 SqFt, 1974 YrBlit, 8-7-07
  - 3756 Highland Road, \$1,037,500, 5 Bdrms, 2346 SqFt, 1951 YrBlit, 8-16-07
  - 1102 Magnolia Lane, \$900,000, 3 Bdrms, 1872 SqFt, 1951 YrBlit, 8-14-07
  - 3254 Marlene Drive, \$477,500, 3 Bdrms, 1160 SqFt, 1972 YrBlit, 7-31-07
  - 3351 Mildred Lane, \$623,000, 3 Bdrms, 1097 SqFt, 1951 YrBlit, 8-16-07
  - 1332 Reliez Valley Road, \$1,760,000, 4 Bdrms, 3301 SqFt, 1968 YrBlit, 8-3-07
  - 118 Rodeo Court, \$1,620,000, 4 Bdrms, 3205 SqFt, 1987 YrBlit, 8-1-07
  - 1689 Springbrook Road, \$675,000, 3 Bdrms, 1124 SqFt, 1953 YrBlit, 8-3-07
  - 3363 St. Marys Road, \$880,000, 2 Bdrms, 1421 SqFt, 1955 YrBlit, 8-10-07
  - 1720 Toyon Road, \$2,550,000, 4 Bdrms, 1899 SqFt, 1998 YrBlit, 8-2-07
  - 507 Winchester Court, \$1,670,000, 5 Bdrms, 3489 SqFt, 1989 YrBlit, 8-14-07
- MORAGA**
- 115 Alta Mesa Court, \$854,000, 3 Bdrms, 1954 SqFt, 1974 YrBlit, 8-15-07
  - 2075 Ascot Drive #122, \$430,000, 3 Bdrms, 1152 SqFt, 1971 YrBlit, 8-10-07
  - 31 Broadmoor Street, \$1,150,000, 3 Bdrms, 1708 SqFt, 1984 YrBlit, 8-2-07
  - 905 Camino Ricardo, \$1,010,000, 5 Bdrms, 2026 SqFt, 1968 YrBlit, 8-9-07
  - 679 Carroll Drive, \$1,006,000, 3 Bdrms, 1660 SqFt, 1959 YrBlit, 8-10-07
  - 751 Crossbrook Drive, \$1,210,000, 5 Bdrms, 2414 SqFt, 1967 YrBlit, 8-3-07
  - 121 Cypress Point Way, \$755,000, 2 Bdrms, 1464 SqFt, 1973 YrBlit, 8-15-07
  - 312 Donald Drive, \$1,249,000, 4 Bdrms, 2129 SqFt, 1969 YrBlit, 8-15-07
  - 2069 Donald Drive, \$1,205,000, 3975 SqFt, 1962 YrBlit, 8-3-07
  - 14 Harrington Road, \$1,375,000, 2 Bdrms, 2336 SqFt, 1986 YrBlit, 8-8-07
  - 26 Laird Drive, \$992,000, 3 Bdrms, 1416 SqFt, 1959 YrBlit, 8-16-07
  - 395 Redfield Place, \$1,060,000, 4 Bdrms, 3082 SqFt, 1968 YrBlit, 8-3-07
  - 86 Sanders Ranch Road, \$2,000,000, 4 Bdrms, 3401 SqFt, 1987 YrBlit, 8-16-07
  - 1913 St. Andrews Drive, \$1,079,000, 3 Bdrms, 1880 SqFt, 1978 YrBlit, 8-9-07
  - 15 Williams Drive, \$1,290,000, 4 Bdrms, 2552 SqFt, 1985 YrBlit, 8-1-07
- ORINDA**
- 35 Barbara Road, \$500,000, 1 Bdrms, 866 SqFt, 1949 YrBlit, 8-10-07
  - 24 Crescent Drive, \$749,000, 3 Bdrms, 1588 SqFt, 1953 YrBlit, 8-15-07
  - 26 Fern Way, \$854,000, 3 Bdrms, 1844 SqFt, 1968 YrBlit, 8-14-07
  - 45 Muth Drive, \$731,000, 3 Bdrms, 1388 SqFt, 1962 YrBlit, 8-14-07
  - 29 St. Stephens Drive, \$1,775,000, 4 Bdrms, 3792 SqFt, 1993 YrBlit, 8-3-07
  - 40 Valley View Road, \$2,298,000, 4 Bdrms, 2457 SqFt, 1960 YrBlit, 7-31-07
  - 8 Via Floreado, \$950,000, 3 Bdrms, 1292 SqFt, 1951 YrBlit, 8-10-07

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# Lamorinda Schools

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy • Orinda Intermediate • Saklan Valley School Sleepy Hollow • Springhill • Stanley Middle • Wagner Ranch

## How One Student Put Off College For A Year And Changed His Life

By Cathy Tyson

A preponderance of high school graduates raised in Lamorinda head directly to college, and Lafayette resident Mike Meo was the only student in his entire graduating class at De La Salle High School to defer. Instead he chose to spend the better part of a school year in a tiny town called Magangué, Colombia. It all started when he took a trip to Tijuana, Mexico in February of his senior year, with his church youth group, volunteering at a school. "I realized this was my calling - teaching and learning."

"Some of my friends thought I was crazy, but in the end they were supportive. Around here, there is a machine that funnels kids directly to college."

The concept of deferment was virtually unheard of at his prestigious Christian Brothers college prep school. Early spring of his senior year, like most students, Mike had already applied to a num-

ber of universities, and was waiting for, hopefully, acceptance letters. Unsure of where to start this process, Mike spoke with his counselor at De La Salle, who connected him with one of the head Brothers in San Francisco who it turns out is friends with the head Brother in Colombia.

Next he received acceptance letters from Hampshire College in Massachusetts and Lewis and Clark in Oregon. Unbeknownst to his parents, he spoke with the administration at Hampshire, his first choice, to inquire about deferment. No problem, 5% - 10% of the students at this small liberal arts college defer.

The next hurdle was broaching the subject with Mom and Dad. "At first I just spoke about the concept of deferment and its many benefits just to introduce them to the idea." In the end, they were concerned for his safety, but supportive.



Mike Meo teaching a class

Long story short, instead of flying east to Hampshire College, on Sept. 7th of 2006, Mike flew south to Bogotá, Columbia. It was clearly a leap of faith, as prior to his departure he had no idea about Columbia in general, Magangué in particular, calling home, a hospital in case he was injured, drinking water etc.

He was able to stay at the De La Salle University in Bogotá for a week to get acclimated and visit the surrounding villages.

Mike ended up teaching 15 classes at 4 different schools, developed his own curriculum, and mastered the Spanish language. He was a bit of a celebrity in town due to his outsider status and his pronunciation skills.

"These kids are the most ambitious students; half of them are hungry, it's 110 degrees out, they have nothing but old desks and a beat up chalkboard, and they would stay in class for an hour after the final bell rang."

His blog, www.mikecolom-

bia.blogspot.com details his entire journey. Early in his trip, on September 13, he writes, "The transition from dependent to independent began on Sunday, when I arrived. I still know very little, I still can't fully understand the language. Every little thing is a huge achievement for me. Every phrase I learn is that much more independence...In one week, I have gained a new appreciation for so many things."

By December, Mike was enjoying life in Colombia. "Everything is so beautiful here because everything is so different. It's hard to forget here, that change, that freshness of life. I am in this weird stage right now, where I feel so comfortable here, so at home in this town. Where I feel different but not like a foreigner...Everything waits for me to find it and capture it."

Fast-forward to late August 2007, Mike leaves for Hampshire College a changed man. "There are about a billion ways that this experience has affected me.

I have grown in ways I couldn't have imagined - I have a new perspective, new eyes, new dreams, and a new purpose in life and motivation."

Mike wants to invite students and parents considering a gap year to contact him via e-mail at [kiiyaker@sbcglobal.net](mailto:kiiyaker@sbcglobal.net)

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Meo and friends on the playground

## "It Doesn't Have to Happen" at Campolindo

By Sophie Braccini

Moraga Police Chief Mark Ruppenthal was among many staffing a new information table at Campolindo's Cougar Days on August 22. Ruppenthal was there to support the "It Doesn't Have to Happen" campaign sponsored by the Campolindo Parents' Club Healthy Choice Committee.

"It Doesn't Have to Happen" is sponsored by Friday Night Live (FNL), an agency funded by the California State Department of Alcohol and Drugs and the Office of Traffic Safety. The core of this prevention program is aimed at encouraging teens to stand up for their friends. Its message is "Friends ask friends to drive safe." Program Coordinator Al Crancer explains, "Friends are the first line of defense, along with family, to prevent unsafe behavior; friends that ask for a change often get it."

Chief Ruppenthal wants his department to be at the forefront



Moraga P.D. Chief Ruppenthal, Campo student Scott Fournier, Program Coordinator Al Crancer and Healthy Choice Committee Co-chair Margaret Qualls during Cougar Days Photo by Sophie Braccini

of prevention, and comments, "The Lamorinda community has had enough tragic events, we need to foster prevention and part of this is supporting this program that educates kids into making the correct choices."

For the program to work it's essential that kids feel comfortable making the right decision, so it's hoped that a large number of teens will take the It Doesn't Have to Happen pledge: "I pledge to do my best to act when a friend is about to drink and drive, speed too

fast for conditions or ride unbuckled." Teen who take the pledge receive a coupon from Subway, Nation's or Burger King.

Margaret Qualls, Co-chair of the Healthy Choice Committee at Campolindo was happy with the response during Cougar Days, "This was very successful, the parents were extremely interested and the awareness of their children was definitely increased. Safe driving is really a priority of the Healthy Choice Committee this year as well as stress reduction."

## Local Seniors Enjoy Continuing Education at Emeritus College

By Lee Borrowman

Every study we have read on aging stresses the importance of continuing to learn in order to keep the brain stimulated and healthy. That is what Emeritus College does," say Joe and Jean Mulroy of Moraga. A program of Diablo Valley College, Emeritus offers affordable educational classes and activities designed specifically for older adults in a variety of locations throughout Contra Costa County.

The Mulroy's have enjoyed several Emeritus courses, explaining "The variety of subjects offers something for everyone. We took a course on opera, something we knew little about. At the completion of the course we attended an opera

in San Francisco with a completely different appreciation, which we would probably not have done with out the Emeritus class. A course on the history of Palestine gave us a perspective that continues to affect how we read the news on that area. The instructor was excellent and it was a pleasure to attend a class with intelligent, interested other seniors."

George and Julie Fisher agree. "We look forward to every brochure from Emeritus College with the anticipation of new and exciting classes," they enthuse, continuing, "These no-fuss offerings are just perfect for older adults hoping to keep their minds active and growing."

Classes meet from one day to six weeks, during the day, making it easy to fit a class into any schedule. The current course offerings include a tour of an Aboriginal Art exhibit at St. Mary's College on October 10 and a performance by historian Betty Marvin as architect Julia Morgan at the Lafayette Community Center on October 19. Classes at other locations include such diverse offerings as "Roosevelt and Truman," "The Art and Architecture of Rome," "A Capella Music of Cuba" and "Five-Minute Gourmet Meals."

For more information or to view the current schedule of classes, go to <http://www.dvc.edu/emmeritus/>, or call 925-906-9106.

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"My daughter ripped it open, and started screaming, she was thrilled she had Mr. Dow for third grade" reports Karen Englund of daughter Jenna. The kids start networking right then and there, the question of the day being, "who do you have?" Kindergartners have a bit of a different start than the older kids. Wednesday is orientation day, where kinders come in groups of five for an hour with one or both parents to check out their new classroom. "It makes the transition a little less stressful," says teacher Dianna Burns. "They get to explore their new environment, and find their cubby." Thursday the 30th is

their first "full" day, class starts at 8:00 and goes until 11:30. For the balance of the students, most were eagerly anticipating the new school year. "Jenna was counting the days for about the last three weeks, prepping her outfit and dreaming of getting Mr. Dow. She was over the moon, incredibly excited." When asked how she felt as a parent about school starting this year, Englund replied, "dancing in the street. I'm happy they're happy," referring to Jenna and son Nolan, a new Orinda Intermediate School student. Chris Dow does have a reputation as a celebrity around campus,

... continued from page 1 because prior to this year, he was the science instructor. "It was an exciting day, and it went by very fast," notes third grade teacher Dow. He has nineteen students in his class. "It helps to have most of the kids know me. I felt flattered that they were excited. It was a big day." "We had a good smooth start today," said Principal Janis Americh. "Everything went like clockwork. I was really pleased with the electronic registration system. This was my first try with Jumpstart, and it went quite smoothly. We did have to scramble with a new building and playground equipment, but everyone rallied to finish up."

**Paul Caccamo's Last Postcard**  
By Lee Borrowman

On August 20, the "Hiker Guy," as he has been known around the offices of your friendly neighborhood newspaper all summer, sent his final postcard. After three months and 1600 miles of walking, local music teacher Paul Caccamo decided to leave the Pacific Crest Trail and bring his worn and weary feet home. "The journey," he wrote, "even though unfinished, was an incredible experience. Leaving my house in April with only a backpack and the clothes I wore to get me through the next five months was a daunting moment. It makes one realize how little we actually need to survive. Sleeping under the stars every night; in 177 days I only pitched my tarp 5 times -- that's very nice. Getting into my warm bag on a cold night after walking 23 miles; pure heaven. The amazing generosity of complete strangers. Town stops and total gluttony; it's just good clean fun. Best of all, the people; the 'thru-hiking community' so to speak. They are the most colorful group of characters I have ever met. I don't mind not finishing this year so much, but I miss my friends like crazy, especially Filthy Figaro, with whom I walked over 1300 miles. Things I will not miss, because I must be 'fair and balanced:' Yellow jackets after my sandwich at lunchtime. Mosquitoes. Messed-up feet. The scorching San Felipe Hills, 110 degrees at 11:00a.m. Teddy Bear Cholla cactus; I kicked a piece of one and it felt like a sword had been



"The Germinator" (Zack Mermel) and Paul Caccamo atop Forester Pass, the highest point on the Pacific Crest Trail Photo provided

thrust through my foot. At a pace of 25 miles a day one doesn't get to stop much and enjoy a particular place, there is always that clock ticking that says 'Canada isn't getting any closer while you're hanging out by this lake all afternoon.' I have a long list of places along the PCT that are ripe for a more relaxed stay. This was not a relaxing journey, but it was some of the most fun I have ever had." Caccamo plans to walk the Oregon and Washington miles of the trail next June and July, on fresh feet. Feeling somewhat like we've just finished a great summer read, with all the ambivalence of having enjoyed the story but wondering what's next, we here at the Lamorinda Weekly hope he will keep us on his mailing list.

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**Proposed High School Calendar Rocks Lamorinda**  
By Sophie Braccini

The Acalanes Union High School District's (AUHSD) Governing Board failed to approve the proposed 2008-2009 academic calendar at when it met on August 29th. Kathy Coppersmith and Vanessa Crews voted in favor of the new calendar, while Tom Mulvaney and Richard Whitmore were opposed. Judy Carney, who would have been the tie-breaking vote, was absent. The future of the calendar remains ambiguous at this time while Superintendent Jim Negri determines the appropriate course of action. The proposed calendar was designed to reduce students' stress and maximize their learning experience by equalizing the length of the two semesters, ending the first semester before the winter break. To achieve this, the school year would start a week earlier, on August 18th

2008, and would end on June 5th, 2009. The number of instructional days would remain the same. Serious discussion around rendering the calendar more suited to student needs began during the 2005-2006 school year. In 2006-2007, the proposed modifications were the subject of negotiation with the Abalones Education Association (AEA), and the public at large lost sight of the issue. The proposed calendar was accepted by the AEA. Teachers believe that having students take first semester exams before the winter break will allow them to enjoy a more peaceful, relaxing vacation and will result in a more efficient January. In addition, Advanced Placement (AP) exams would take place in late May thereby eliminating the "dead week" after the AP exam and giving those students an extra study week during the year.

Many parents spoke against the proposal, challenging the District's position that it would reduce student stress, and arguing that changing the calendar would create conflicts in families that have students in elementary or intermediate schools. It is not known if other local school districts would revise their calendars to conform to AUHSD's, and parents had concerns about the potential disruption to family vacations. Some suggested that different district schedules would drive parents to pull kids out of school, which would result in a loss of state funds. Others were displeased with the way the project had been conducted, and reminded the Board that parents are their constituency and should have been polled and/or involved. Detailed information can be found at <http://www.acalanes.k12.ca.us>

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**Who Will Be The Next Orinda Idol?**  
By Lee Borrowman

On Sunday, September 9, the thirty-five finalists for the title of 2007 Orinda Idol will sing their hearts out at the Orinda Theater. Performances begin at 11:00am. As in a certain other Idol contest, finalists will be judged by performance professionals and audience vote - come cheer and vote for your favorite rising star! Orinda Idols will be chosen in four grade categories. Admission is free. Winners will be announced at 5:15pm.

Daniels, Ben Freeman, Suvi Gluskin, Erika Goeriz, Nicola Vann  
Preliminary judging resulted in Runner-Ups being named in two grade groups, who will serve as alternates for finalists in those groups who are unable to compete on Sunday:  
**Grades 3-5:** Julie Meckes (1st), Anna Finnell (2nd);  
**Middle School:** Sarah Brovelli (1st), Sophie Woodlee (2nd)  
**Emcees:** Diane Dwyer, NBC11; Anna Werner, CBS5; Leslie Brinkley, ABC7

**Judges:** Matthias Montgomery, Drummer & Vocalist, SPAZMATICs  
Cesar Cancino, Musical Director, Palazzo & Formerly of Teatro Zinzanni  
Svetlana Nikitenko, Opera Singer, SF Opera & Teatro Zinzanni  
Amy Potozkin, Casting Director, Berkeley Rep Theatre  
Orinda Idol is a project of the Orinda Arts Council ([www.orindaartscouncil.org](http://www.orindaartscouncil.org)), and is sponsored by the Contra Costa Certified Farmers' Markets (<http://www.cccfm.org/>)

**The schedule and performers:**  
**K-2 Grade, 11:00-12:00**  
Lauren Bond, Amanda Bovoso, Aisling Holton, Sophia Li, Makenna Millham, Jackie Patton, Jocelyn Purcell, Tessa Viola, Zoe Warch  
**3-5 Grade, 12:30-1:30**  
Nolan Englund, Maritza Grillo, Sean McFeely, Amrita Newton, Emma Patton, Claire Restrepo, Erin Schoenfeld, Cole Skeffington, Stephanie Sloves, Alina Whatley  
**6-8 Grade, 2:00-3:15**  
Matthew Barber, TJ Barber, Ryan Buchanan, Faith Engstrom, Grace Hilty, Katie Marino, Neris Newton, Steven Patton, Hannah Tennant, Sophie Wegener  
**9-12 Grade, 3:45-4:45**  
Sarah Ames, Max Coleman, Alexis

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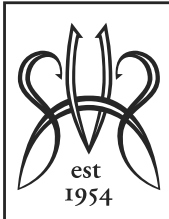
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# business briefs

## New Businesses and Ribbon Cuttings:

**Mike Rosa State Farm Agent**, 1042 Country Club Dr., Suite 2D, Moraga; 376-2244

Mike Rosa is a new State Farm Agent who recently opened an office in Moraga. He provides insurance and financial services. Rosa was appointed by State Farm to replace retiring Agent Rob Mc Spadden who had been servicing the community for many years.

## Diverse Business News:

**Oakwood Athletic Club**, 4000 Mt Diablo Blvd, Lafayette; 283-4000  
The Club is sponsoring "Celebration of Life", a day open to the public where members and non-members alike can come enjoy a whole variety of classes for the price of a donation. All proceeds will be given to the National Ovarian Cancer Coalition (NOCC). The club will be open from 8 a.m. to 5 p.m.; the minimum donation is \$25. More strenuous classes will be held in the morning and more meditative ones in the afternoon. Lunch will be served around noon. Star spin instructor Jennifer Sage is coming from Colorado especially for the event, which is part of a partnership between the Club and Clock's Etc. Both businesses will be selling raffle tickets through the month of September.

**Moraga Hardware and Lumber**, 1409 Moraga Way, Moraga; 376-3600  
The hardware store is running a PG&E-sponsored program to promote the use of Compact Fluorescent Light (CFL) bulbs in the home. These lights are believed to use 75% less energy than their standard 100w counterparts and to have a life expectancy of 10,000 hours (5 times as much as their incandescent competition). The store sells the box of 4 BulbStar CFL for \$2.99 and will continue the program as long as the inventory provided by PG&E lasts. CFL bulbs contain mercury, so they need to be recycled.

**Nation's Giant Hamburgers**, 400 Park St., Moraga; 376-8888  
The restaurant that got damaged in a fire last spring and reopened at the beginning of the summer is closed again for remodeling. The owners are planning to install a bigger grill and a more convenient working area for the employees. They expect to be ready for a grand re-opening in the second half of September.

## New from the Three Chambers of Commerce:

**Lafayette Chamber of Commerce - www.lafayettechamber.org:**  
250th Birthday of the Marquis de La Fayette. Opening night of the Jazz in the Plaza season, on September 7th from 6:30 to 8:30 p.m. at the corner of Mount Diablo Blvd. and Moraga Rd. Listen to the Fred Johnson Combo; at the intermission a cake will be shared to honor the memory of the Revolutionary war Hero. Thank you to Catherine Jolivet, owner of French for Fun, for planning this event with the Lafayette Chamber.

12th Annual Arts and Wine Festival on September 15th and 16th. Over 50,000 visitors are expected this year for one of most sophisticated street fairs in the East Bay. Come, stroll among stalls of art and handmade crafts, sample foods from top local restaurants, and enjoy quality wines and microbrews. Non-stop musical entertainment on three stages throughout the weekend will help spark the block party ambiance. Check the Chamber's web site for the entertainment schedule, names of merchants, road closures, etc.

Chamber Mixer, Wednesday September 12th at 5:30 p.m.; Bentley School, 1000 Upper Happy Valley Road, Lafayette  
**Chamber of Commerce of Moraga - www.moragabiz.com:**  
Chamber meeting on September 28th, at 8:00 a.m. at Terzetto Cuisine, 1419 Moraga Way in the Moraga Center. Everyone is welcome.

**Orinda Chamber of Commerce - www.orindachamber.org:**  
Chamber Luncheon: Friday, September 28th, 12:00 noon to 1:30 p.m. (arrive early to network). Location: Orinda Country Club, 315 Camino Sobrante, Orinda; Keynote Speaker: Riley Etheridge, Certified Financial Planner, Certified Financial Analyst, Merrill Lynch Northern California Director; Topic: "Six Scintillating Steps to Retirement." Cost: \$30.00 per person (everyone is welcome).

If you have a business brief to share, please contact Sophie Braccini at [sophie@lamorindaweekly.com](mailto:sophie@lamorindaweekly.com) or contact Lamorinda Weekly at 925-377-0977.

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## Rheem Center Woes

...continued from page 3



Empty storefronts at Moraga's Rheem Center

Lisa Taapken, who owns "Mia and Friends," a creative specialty clothing store for girls, left the Center a few months ago. "The side of the Center where my store was is totally distressed," says Taapken. "We've seen depredation from teenagers, and many times I had to call the police," she adds, "and still we, the tenants, had to pay for any damage." Taapken now runs two "Mia and Friends" stores in Walnut Creek.

White also points out that not all Moragans are supportive of their local stores. Lori Stubblefield, of Lori's Perfect Tan, agrees: "We have as much selection and quality products in our stores than any Walnut Creek retailer, and for off-season swimwear people come from Blackhawk to shop here, but some local people just don't want to shop in Moraga." For Stubblefield, who has been building her business for eleven years, the next challenge will be the renewal of her own lease at the end of the year. She fears that if she has to face a 25% increase, Lori's Perfect Tan will be history.

Is the Rheem Center getting the wrong end of the stick in the revitalization of Moraga? The Moraga Economic Development Advisory Committee (EDAC), a group appointed by the Town to help energize business, sees a mixed picture at Rheem. EDAC points out that some businesses have been doing very well for years at the Center, but suggests that it is in the best interest of all if rents remain at fair and reasonable levels for big and small businesses alike. EDAC has hired a retail consultant, MapInfo, that will make recommendations on an economic strategy and on the types of businesses needed for both the Rheem and Moraga Centers.

Phil Vince, Moraga's Town Manager, is a strong supporter of the Rheem Center although he agrees that the

Moraga Center has been higher on the Town's priority list than has Rheem: "We have 177 acres of vacant space (at the Moraga Center), versus 7 at the Rheem Center," explains Vince, "and the Bruzzone family, which owns the Moraga Center, has been working with us for years, with experts, on the development of that space."

We made several attempts to contact Kimco for this article, but received no response to our calls inquiring into plans for revitalizing the Rheem Center, which is one of hundreds of shopping centers owned by Kimco in the US and Canada.

## Buff the Nails? And the Car?

By Sophie Braccini



Professional Automotive co-owners Dave Watson and Scott McKenzie with Pinkies' Nail Salon Megan Dryden renew their agreement

Photo by Sophie Braccini

Bonnie Watson is a very practical woman who likes things done with style and efficiency. About eighteen months ago, the wife of Professional Automotive's owner Dave Watson asked the no-nonsense question: "Can I get my car washed while my nails are done next door at Pinkies?"

Why not? Furthermore, thought Dave, shouldn't anyone be able to get the same time-saving treat? So Professional Automotive and Pinkies Nail Salons got together and worked out a synergistic arrangement: while Pinkies' customers relax for a treatment, their cars are equally pampered next door. The car facility, that filtrates and recycles water, provides a detailed, by-hand cleaning of cars, including windows, stain removal and tire cleaning. The cost of the special Pinkies' car wash is \$30; the nail treatment's cost depends on the services selected.

The two stores are neighbors in Lafayette; Professional Automotive is located at 3331 Mt. Diablo Blvd. and Pinkies' at 3333 Mt. Diablo Blvd. Every day, one to three customers come for the joint service. For Watson, that has meant hundreds of new customers for his business and by the same token, the automotive facility refers customers to Pinkies.

Professional Automotive specializes in collision work, auto body and classic vintage restoration for all makes and models. The company contributes to schools and non-profit auctions and sponsors the Happy Valley baseball team.

Pinkies' owns stores in Lafayette, Danville, San Ramon, Los Altos, Burlingame and San Francisco. The salon offers a full line of manicures, pedicures, waxing and tinting treatments.



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## Protecting Your Back-to-School Immune System

By Dr. Theresa Tsingis, D.C., M.S.



For adults and children alike, the change of season and return to school results in exposure to all sorts of microbes. Most of us know that we should eat healthy antioxidant-type foods in order to optimize health, but how can personalized nutrition help families to withstand the onslaught of back-to-school bugs? Let's address one way that adults can keep themselves healthy, and then how to supply children with good back-to-school nutrition.

Adults can improve their chances of fighting viruses and bacteria by paying attention to their individual body composition. Why? Muscle acts as a reservoir for the immune system, providing amino acids for the production of infection-fighting cells. So when someone is carrying excess abdominal fat and inadequate muscle mass, they can become hosts for infection. Therefore, it is vitally important during the cold and flu season to target the loss of abdominal fat and avoid muscle loss, especially for people over 30. It's wise to find out your accurate body composition beforehand, in order to know how to improve your health during the upcoming season.

Like adults, children have similar needs for antioxidant-rich nutrition; the challenge can be getting those foods into them. What are some ways to accomplish this? I've found, as a nutritionist and mother, that variety is key. Periodic shopping visits to pick up new snacks together does not have to be an ordeal. If you plan once every couple of months to take fully-fed children (don't forget to eat also) on a shopping trip, you will be able to collaborate, which leads to better compliance.

Many parents find that choosing a regular shopping day helps them organize snacks for the week. Encourage children to taste seasonal fruits and vegetables. The most antioxidant-rich foods are those with dark pigments (cranberries, pomegranates, grapes, berries, sweet potatoes). Try watching the Food Network together once in a while. Some youngsters take to "Iron Chef" and other contest-based shows, and creative eating habits may result!

I stock the pantry with a wide variety of non-perishable snacks for those on-the-run mornings. Many tasty fruit, nut and energy bars have low sugar and high fiber content. Nut butters and low-fat dairy products such as string cheese and yogurt are easily packable and have a long shelf life. If your child is sensitive to dairy, try soy-based products. Avoid nitrate- and chemical-laden snack packs, anything with high fructose corn syrup and partially hydrogenated fats. These additives have been linked to lowered school performance, diabetes and altered blood fat levels.

A sound nutrition approach maintains a steady blood sugar. This results in a constant supply of energy, which helps the immune system resist infection. To find out specific ways to boost your immunity, consult with a nutritionist. Accurate body composition analysis and a specific plan (not diet) based on your lifestyle and needs could be the best flu and cold prevention for this season.

Dr. Theresa Tsingis, D.C., M.S. has a private practice at 89 Davis Rd., Ste. 180, Orinda. Tel. (925) 360-2729. [drtsingis@comcast.net](mailto:drtsingis@comcast.net)

## Lose 9 Pounds in 9 Days at Star Pilates?

A personal journey, by Sophie Braccini

Early summer is the time of the year when my annual trip to France to see family and friends starts me worrying. Will they find me looking older? Will they think I have put on a few too many pounds? And then, while driving on Moraga Rd. one afternoon, I saw a message on the Moraga Center's marquee: "Star Pilates: Lose 9 pounds in 9 days." That same afternoon I picked up the phone and called to make an appointment with owner/operator Miles Morsey.

Morsey has a very cordial and relaxed approach with his clients. "Well," he said, I'm not sure the 9-day program is the right thing for you. You might rather consider doing metabolism testing with meal plans and have the right plan designed specifically for you." So much for nine pounds in nine days, and yet I was curious so I decided the time was right to follow his advice.

Thus I found myself sitting with a pincer on my nose, breathing through a metabolism-measuring device for 10 min-

utes; as it turns out, I have a very slow metabolism. No wonder I was having trouble losing weight. I compiled an extensive list of foods I love and Morsey tailored meal plans specifically for me and my weight loss goal.

Morsey proposed a launching process to start my weight loss program off right: A no-carb diet for three days, meaning a diet focused on dairy, meat, fish and vegetables with no carbohydrates of any kind. A challenge for a vegetarian, but three days is a short period of time and I decided I was going to do what it takes to achieve my goal. After three days, I had lost three pounds. The diet's effect on my appetite was encouraging. I stopped being hungry and craving the little sweets in which I enjoyed indulging from time to time.

Now the real dieting began a week before my trip to France. I found the servings of my new meal plans extremely small. Strangely enough, the portions worked for me since I wasn't hungry, wasn't losing energy during the course of a day, and

continued to have the positive feedback of losing weight each day. Morsey advised me to balance my meals and to completely avoid snacking.

Once in France, I managed to pass muster. But ten days in France can be hard on a dieter. I had left the U.S. with two combined strategies for maintaining my weight while away: (1) stick to the no-carb tactic which allowed me to eat my share of saucissons and foie gras, and (2) maintain the small portions approach which would let me indulge in my mother's mirabelles pie.



Sophie Braccini and Miles Morsey, in front of Morsey's Star Pilates location

Photo by Michael Lucacher

## Events Raise Awareness, Funds for "Silent Disease"

Matt Sharp, who owns Sharp Bicycle in La Fiesta Square with wife, Sally, has a close relationship with Wendy and Scott, and says Tamis' battle with ovarian cancer struck a chord. Three years ago, Sally's sister lost her battle to ovarian cancer. "We've seen first hand that this doesn't happen to 'other people' - it happens very close to home. We hear these stories of people who say that they had symptoms and didn't respond to them; it's one of those things you want to take care of."

In addition to the October event, this year Tamis and Hampton are partnering with Oakwood Athletic Club, which will be hosting "Time to Celebrate Life, A Day of Fitness with the Pros!" on Saturday, Sept. 29 from 8 a.m. to 5 p.m. at the club. A variety of active morning classes and afternoon mind/body classes will be open to the public with a minimum \$25 donation, with all proceeds benefiting NOCC.

The Oakwood event includes prizes, guest instructors, snacks and a light lunch from noon to 1 p.m. for participants, with a small silent auction from 8 a.m. to 1p.m. (which includes a \$1,000

necklace). One of the guest instructors is Jennifer Sage from Vail, Colo., who will lead two SPIN classes. Registration for these classes will begin Sept. 5.

Tamis hopes both events will build awareness of the disease and its symptoms. "I was always really aware of breast cancer because there's so much out there about prevention and screening," she said. "There are no screening tests

for ovarian cancer. Doctors don't even seem to know the symptoms."

Since the initial event, Tamis and Hampton have raised more than \$20,000 for ovarian cancer research. On the Oct. 4 event, adjacent businesses like Sharp Bicycle and Design Within Reach will help out by welcoming overflow guests into their stores.

Raffle tickets will be sold at

... continued from page 1

Clocks, Etc. and Oakwood. In addition to the Howard Miller grandfather clock grand prize, silent auction prizes will include: a night at a studio apartment for two, overlooking Ghirardelli Square; a deluxe room at Lafayette Park Hotel & Spa; and a magnum of HRM Rex Goliath California Cabernet Sauvignon wine.

For raffle tickets and information, call (925) 284-4720.



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# SPORTS

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### Local Golfer Records Top Three Finish At Junior Golf Tournament



Paul Griessel, age 8, of Lafayette (left) stands with Eric Angeles of Martinez and Dominic Solomone of Pacheco at the Buchanan Fields Summer Junior Golf Tournament in Concord  
Photo by Jennifer Griessel

**P**aul Griessel, age 8, of Lafayette not only competed against golfers from all over the East Bay at the Buchanan Fields Summer Junior Golf Tournament in Concord, Aug. 13, but he managed to finish tied for second place in the boys nine and under age group, despite the fact that he is a year younger

than many of the other golfers. Griessel finished second with a score of 41 for nine holes.  
"I usually have a fade, but this day I got my swing right and the balls were going straight," he said. His best score recorded this summer was a 34 at Grayson Woods Golf Course in Pleasant Hill.

You would think that at age 8 he was just beginning his golf career, but Griessel has been playing for nearly five years and has already put together an impressive resume. In 2005 he was the Saratoga Country Club little junior champion in the seven and under age group.

When talking with Griessel it is impossible not to notice the passion and excitement he holds for the game of golf. Griessel's eyes lit up when asked what he likes about golf. "You're active and you get to whack away at a little ball."

His favorite player is, of course, Tiger Woods, but not because he makes millions of dollars or hits the ball 300 yards, but because he has won so many trophies.

In the future Griessel plans to play golf for Stanford or Cal, and maybe one day play on the PGA tour. For now, though, he will continue to play golf and attend school at Saklan Valley School in Moraga. Griessel's advice to other young kids who want to play golf is simple, "Keep on trying and you'll become really good."

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### Ready For Some Football?

By Jennifer Wake

**W**ith temperatures reaching triple digits, it's hard to believe it's nearly football season. The football squads from the three Lamorinda high schools put on their gear last week, preparing for the upcoming season, with cheering crowds and hard-hitting action just around the corner.

Miramonte comes into the season after a third-place finish in the DFAL last year with a 6-3 record, Campolindo was fourth with a record 5-4, and Acalanes was sixth at 3-6 – good enough to qualify them for the North Coast Section (NCS) playoffs. The Matadors lost the section title game to Novato after winning the NCS 2A East Bay playoffs.

While losing many top players to graduation, the Mats held on to quarterback Trevor Boswell, who proved himself a strong asset. Miramonte also sees the return of middle linebacker Grant Hyger and offensive lineman Nolan Pfeffinger.

The Dons' All DFAL First Team junior wide receiver Brooks Baker, as well as offensive tackle Brian Garthwaite (who was also honored by the DFAL), return to the field, while the Cougars bring back quarterback Scott Scharff and linebacker Mike Greco.

You can catch pre-season games this week, with Campolindo taking on Piedmont at home and Acalanes at Livermore, 7 p.m. on Sept. 7, and the Mats at Capuchino-San Bruno at 1 p.m. on Sept. 8. (Regular season varsity games start at 7 p.m.; JV at 4:30 p.m. Fridays.)

Lamorinda face-offs include: Sept. 14 (Campolindo at Miramonte); Sept. 28 (Miramonte at Acalanes); and Oct. 12 (Acalanes at Campolindo).

### DFAL Football Schedule for Miramonte, Campolindo and Acalanes

- Game 1:**  
**Friday, Sept. 14**  
Campolindo at Miramonte  
Acalanes at Alhambra
- Game 2:**  
**Thursday, Sept. 20**  
Miramonte at Alhambra  
Northgate at Acalanes
- Game 3:**  
**Friday, Sept. 28**  
Miramonte at Acalanes  
Campolindo at College Park
- Game 4:**  
**Friday, Oct. 5**  
Miramonte at Northgate  
College Park at Acalanes
- Game 5:**  
**Friday, Oct. 12**  
Concord at Miramonte  
Acalanes at Campolindo
- Game 6:**  
**Friday, Oct. 19**  
Acalanes at Mt. Diablo  
Miramonte at Las Lomas  
Campolindo at Alhambra
- Game 7:**  
**Friday, Oct. 26**  
Campolindo at Northgate  
Miramonte at Dublin  
Acalanes at Concord
- Game 8:**  
**Friday, Nov. 2**  
Dublin at Acalanes  
Las Lomas at Campolindo  
College Park at Miramonte
- Game 9:**  
**Friday, Nov. 9**  
Mt. Diablo at Miramonte  
Campolindo at Concord  
Acalanes at Las Lomas

### Water Polo Players Bring Home the Gold

By Kevin D. Shallat

**B**ret Lathrope, 16, was one of three Lamorinda players selected to play on the USA Water Polo National Cadet Team which features the best players, 16 and under, in the nation. Although Lathrope's USA team faced other national teams from the Americas which featured an 18 and under age group, they still managed to finish with a 9-0 record and take home the gold at the 2007 Youth Pan American Games in the Dominican Republic on August 4-12.

Lathrope was selected along with Miramonte teammate James Perry, and Lamorinda teammate Nick Hoversten, after a lengthy selection process that brought the first selection group to 40 water polo players. Fifteen were selected from those 40 to travel to Montenegro for the final selection process, which cut the team down to 13 players. The swimmers were required to participate in a swim-a-thon for donations and raise at least \$500 dollars per player to help pay for their travel expenses.

During the team's quest for the gold medal they had a few close calls against teams



Team Left to Right: Assistant Coach James Lathrope, Head Coach Jason Lynch, Andrew Lighterink, Griffin White, Danny White, Chris Wendt, Nikola Vavic, James Perry, Clayton McFadden, Nick Hoversten, Spencer Hamby, Bret Lathrope, Max Bricklin, Gavyn Wild, Josh Samuels  
Front Row: USA and Dominican Water Polo organization officials  
Photo provided

that were older and had more experience in the game. The USA team played the best Canadian team twice: Each game was close, but they wound up beating team Canada in the championship game to win the gold medal. "It was pretty cool holding the ball and counting down as our coach was yelling in celebration," Lathrope said. The Puerto Rican players and fans were also seen cheering the American team on, beating the drums and chanting, "USA, USA."

Playing the attacker position, which is geared toward a more offensive skill set, Lathrope says, "The position is like a shooting guard in basketball." When asked who his hero or mentors are, Lathrope cited Kirk Everist, a former Olympian, and one of his coaches, James Lathrope (no relation), who is a coach for Miramonte High School and Lamorinda Water Polo, as well as assistant coach of the USA cadet team.

alles, 23, compete on the USA national team. Lathrope said that if young kids want to get serious about water polo they have to swim as much as they can, play water polo as much as they can, and watch as many water polo matches as possible.


Thankful for the experience he received while on the USA cadet team, Lathrope is confident that this experience will help him with his quest of making the junior national team next year, for the 18 and under age group.



Miramonte Football Team at Practice Photo by Jordan Fong

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# SPORTS

## LAMORINDAS LOCAL SPORTS NEWS

### Encinal Junior Sailing Teaches Skills, Sportsmanship

By Jennifer Wake

More than 25 Encinal Yacht Club sailors from 10 local high schools, including Campolindo, Miramonte and Acalanes, headed into the final Regatta of the summer season last weekend, vying for top positions in the Bay Area Youth Sailing Series Regatta in Tiburon. As part of the Encinal Yacht Club Junior Sailing Program, Acalanes sailors Thomas Maher, Lindsay Grove, Kelsi Schoenrock, Michael Grove and Ted Netland, as well as Campolindo's Lindsay Willmore, all entered with potential to win one of the top three slots.

Encinal Yacht Club Junior Sailing is supported by the Encinal Sailing Foundation – a non-profit organization that provides the boats and funding for sailing scholarships for needy children throughout the Bay Area and promotes sailing for children 8 to 18 as a lifelong skill and means of enjoyment. According to Encinal's High School Sailing Program Coordinator Barb Grove, instruction teaches confidence, team work, sportsmanship, strategy/decision making, and self reliance.

"We have about 200 kids come through in the summer, and a consistent 30 kids throughout the high school sailing season, from September through April," said Grove, whose family has been involved in the program for more than eight years. The summer program encompasses nine weeks from mid June to mid August, where sailors attend classes ranging from beginner sailing to advanced racing. Approximately 25 advanced racers representing Encinal Yacht Club compete locally and nationally.

For Campolindo senior Gavin Schlissel, the program not only has enhanced his sailing skills, but has solidified his appreciation for the sport.

"I've been sailing for about eight years, but until I joined the



Michael Grove on the trapeze, and Alex Delle Cesse at the helm  
Photo by Gavin Schlissel

Encinal team, I never realized there was such a community for it in Lamorinda," he said. "The transition from recreational sailing to competitive sailing is daunting, but the climate in sailing is such that you can take it as seriously as you want – you can finish dead last and still have an awesome time, because people are there for love of sailing. Winning is a bonus."

On the national scene, Encinal Yacht Club Acalanes Sailors Lindsay Grove finished 11th and Kelsi Schoenrock finished 33rd in the U.S. Sailing Women's Double-handed Championship in New Orleans. Lindsay Grove, Kelsi Schoenrock, Michael Grove and Alex Delle Cese (Bishop O'Dowd) placed 7th and 10th respectively at the U.S. Sailing Junior Double-handed Championship in Bay Head, New Jersey.

During the 2006-2007 sea-

son, Acalanes ranked 3rd among Northern California Teams and 18th out of 90 teams in the West coast and Hawaii, in addition to beating the perennial northern California powerhouse Marin Catholic.

The current active high school roster includes Acalanes students John Cattaneo, Thomas Maher, Kelsi Schoenrock, Lindsay Grove, Michael Grove, and Ted Netland. Miramonte will start up a team this year with Nico Gole-sorhki, and Jean and Kirsten Rutledge, while Campolindo potentially will have two sailors: Josh Goldberg and Gavin Schlissel, along with Lindsay Willmore competing regularly in another boat class. Recent 2006 Acalanes graduates, Patrick Maher and Megan Grove, are continuing to sail in college at Cal Poly and Stanford.

"Most people think of sailing as a rich kid sport for preps from New England, but the thing I love about Encinal is that the people are down to earth and laid back," Schlissel said. "It makes for a really friendly environment and everyone just has fun. Sailing team is like endless summer because every practice is like another day at the beach."

You can get more information on Encinal Yacht Club's Junior Sailing Program at [www.encinal.org](http://www.encinal.org).

### Big Grins for OMPA Record Breakers

Submitted by Lori and Steve Bartis



Photo by Steve Bartis

Pictured above are the record breakers at the recent OMPA swim meet at Soda Aquatic center.

From Left to Right:  
Kevin Brown (Moraga CC) 15-18 boys 50 Yd. Backstroke;  
Nicholas Deaver (Meadow) 13-14 boys 100 Yd. Individual Medley and 50 yd Backstroke;  
Charlie Wiser (Orinda CC) 11-12 boys 100 yd Individual Medley;  
Tyler Bartis (Campolindo Cabana club) 9-10 boys 50 yd Breaststroke;  
Gabriel Ostler, Jason Lammert, Matthew Cobley,  
Tyler Kirchberg (Sleepy Hollow) 11-12 boys 200 Yd. Medley Relay.  
Not pictured is Robbie Fluegge (Orinda Park pool) 12-12 boys 50 yd backstroke.  
(there were no female records broken)

### Saint Mary's Women Take on UOP in Soccer Exhibition

By Kevin D. Shallat

The Saint Mary's women's soccer team played their first game of the season on Friday, Aug. 24, in Saint Mary's Stadium, losing 2-1 to the University of Pacific in the exhibition match.

Looking sharp early on in the contest, the Gaels received strong play from Jessica Menzhuber (midfielder/forward) and Allie Weiner (forward). Weiner had a terrific first half, being active on the offensive and defensive side of the ball. On one play Weiner was able to head the ball straight down to keep the ball away from a potential scorer which might have saved a goal early on in the game. Soon after that play Menzhuber kicked a fantastic centering pass to Weiner which she headed toward the goal, but it was eventually blocked.

Just before half, the duo of forwards would again connect on a play, and this time the shot tumbled in for a goal. Weiner scored an assist as she lofted a beautiful pass to Menzhuber who kicked a fantastic shot that went past the goalkeeper and into the net. The two players were everywhere Friday night, but the Gaels could not come up with any more goals.

Unfortunately the Gaels gave up the lead in the second half as Saint Mary's broke down defensively and allowed the Tigers to tie up the game. Pacific forward Carla Vellutini evened the score at 1-1 in the 59th minute. The momentum quickly changed in UOP's



Jessica Menzhuber

Photo courtesy of Saint Mary's Athletics

favor. The Gaels still played well, but the few defensive miscues cost them a few scores, and eventually the game. The Gaels were on the defensive end of the field when a Saint Mary's player tried to kick the ball back to their own goalkeeper, but a UOP player got to the ball first and chipped the ball in for an easy go ahead goal.

Coach Kelly Lindsey was optimistic after the game. "It was a great day to play soccer," she said. Lindsey has nine freshmen on the team, so evaluating all of the new talent is a tall task, but she was able

to accomplish her goal of getting every player in the game. Lindsey mentioned it's too early to tell what to expect from this team after only one game, but she felt good about the team after watching them play, saying "We created a lot of chances by slipping people in."

The Gaels play in the third best conference in the nation, with games times normally late in the afternoons and early evenings on Fridays, or mid-day on Sundays. You can check the men's and women's schedule online at [www.SMCGaels.com](http://www.SMCGaels.com).



Coach Katie Tinder racing with the team during practice  
Photo by Gavin Schlissel



### Go Gaels!

#### Upcoming Sports Events at Saint Mary's College

Women's Soccer vs. Vermont  
Friday, Sept. 7 at 4:30 p.m.  
Saint Mary's Stadium

Men's Soccer vs. Cal State Bakersfield  
Saturday, Sept. 8 at 2 p.m.  
Saint Mary's Stadium

Women's Soccer vs. Cal State Bakersfield  
Sunday, Sept. 9 at 2:30 p.m.  
Saint Mary's Stadium

Women's Volleyball vs. UC Santa Barbara  
Thursday, Sept. 13 at 7 p.m.  
McKeon Pavilion

Men's Soccer vs. Wright State  
Sunday, Sept. 16 at 1 p.m.  
Saint Mary's Stadium

For information about upcoming season schedules, visit the official Saint Mary's athletics website at [www.SMCGaels.com](http://www.SMCGaels.com).

All our stories are available for download:  
[www.lamorindaweekly.com](http://www.lamorindaweekly.com)

### Lamorinda Cougars Lived the Dream in Cooperstown

Submitted by Anne McNally



Photo by Rick Rider

Lamorinda Cougars reached the Elite 8 round in the prestigious Cooperstown's Dream Park 10U national baseball tournament. In June, the Cougars and their parents traveled to Cooperstown, NY, to participate in the single week welcoming 10 & under youth baseball teams. Competing against 96 teams from across the country, the Cougars played eleven games in six days, finishing 9-2 to advance to the Elite 8 round of the tournament. The Cougars were elimi-

nated by the East Cobb Astros from Georgia, the defending AAU National Champion, in a 2-0 nail biter.

Lamorinda Baseball, is a competitive travel program drawing players from around the San Francisco Bay area. Nico Aldaco, Mathew Bicker, Max Goldstein, Trevor Larnach, Conner McNally, Sean O'Farrell, Jake Rider, Daniel Slominski, Mathew Tarantino, Mitchell Tom and Walter Tucker made up the Cougar roster in Cooperstown.

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