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Volume 03 Issue 10

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Wednesday, July 22, 2009



Nicholas Inserra, Springbrook Swim Team Photo Lisa Dirito

Record-breaking Lafayette City Meet

Springbrook Hogs are Victorious Again

By Jean Follmer

The six Lafayette swim teams descended upon Acalanes High School for the 43rd annual City Meet on July 11. Las Trampas, LMYA, Oakwood, Rancho Colorado, Springbrook and Sun Valley

were geared up and ready for action. City Meet began with "one to watch" in the girl's six-and-under 25-yard freestyle. Caitlin Smith, 5-year-old LMYA swimmer, finished first in both the preliminaries & fi-

nals. Smith went on to win the High Point trophy for her age group. Dillan Thoms of Las Trampas followed suit with a first place freestyle in the boy's six-and-under. Thoms also went home with the High Point trophy.

The Springbrook domination began with Nicholas Inserra in the Boys 11-12 50-yard freestyle. Finishing with a record-breaking time of 24.12, Inserra had the endless sea of red and black cheering

wildly. That was only the beginning of Inserra's unbeatable record-breaking streak - he set records in all of his events, Medley Relay 2:04.49, Free Relay 1:47.95, 50-yard butterfly 26.57, 100-yard IM 1:01.15.

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Senior Needs Assessment Study Findings Announced

Lafayette Seniors Need Transportation, Housing and a Sense of Community

By Jonathan Seclow

On Monday, July 13, the Lafayette City Council heard the results of the Senior Needs Assessment study that it commissioned in March. The study was commissioned in an effort to prepare Lafayette for projected growth among the 55 and older population, a segment that already comprises 30% of the Lafayette. Due to the aging boomer generation, Contra Costa County estimates 5% growth among that segment by 2020.

The study indicated three major areas of concern for seniors in Lafayette. Respondents primarily emphasized the lack of transportation options for seniors who can't drive. Currently there are several services in the area that offer rides for seniors. The study found that the rides offered by those services, primarily the Lamorinda Spirit Van, Rides for Seniors, or Orinda's Seniors Around Town, did not meet the needs of respondents. In executive interviews, participants indicated that they

would like to see those services expanded.

The layout of Lafayette demands that its citizens have access to vehicles for transportation. Most of the goods and services are centralized in downtown Lafayette, while most of the residents live in the surrounding foothills. In order for seniors to continue living where they do, they will need to have some way to transport themselves to the downtown area.

... continued on page 8

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Parks and Dogs in Moraga: Staff Recommends Community Outreach

By Sophie Braccini



In an effort to clarify the hours during which Rancho Laguna Park is open to the frolicking of off-leash dogs, Moraga Parks and Recreation Director Jay Ingram proposed amending the municipal code regarding animals and unleashed a maelstrom.

On July 22, the Moraga Town Council is scheduled to review the text proposed by the Parks and Recreation Commission to amend the code and consider Town staff's recommendation to table the issue indefinitely. Please check our website for updates, <http://www.lamorindaweekly.com/>.

Staff suggests that a large community outreach effort be conducted by the Parks and Recreation Commission to study the programming of Rancho Laguna Park.

The Parks and Recreation Commission considered the issue thoroughly and received much public comment.

"We had to address some poorly stated language that was in the old ordinance and correct the signage at the park," said Ravi Mallela, chair of the Commission, "some dog owners had been fined by Contra Costa County Animal Services because of these inconsistencies."

The Commission also had to define the locations for the off-leash areas at Rancho Laguna Park, Moraga Commons and the Mulholland Open Space Preserve. "It was the unanimous recommendation of the Commission that there should be a way for all types of users to be comfortable in the parks," said Mallela, regarding restrictions the new text would impose.

Dog owners were all in support of clarifying the times of the day that dogs were authorized off-leash. They wanted to have a clear town ordinance that would supersede the County's rule that does not authorize off-leash dogs in parks. The contention appeared in restricting dogs to certain areas.

"The Parks and Recreation Commission's proposal to limit our dogs to just the paved path and turf area (at Rancho Laguna Park) created a variety of unpleasant emotions," wrote Bill Carman.

... continued on page 3

Beautiful Gazebo Care of Garden Club

By Cathy Tyson



While some residents might grumble about pulling weeds, pruning and fertilizing, these folks can't get enough of it. Formed thirty-nine years ago, the dedicated members of the Lafayette Garden Club have spent countless hours supporting civic beautification projects.

At 150 members strong, mostly women and a few ... Read on page 2

Orinda Historical Society Restores Bridge

By Andrea A. Firth



Charlie Vollmar was looking for something to sink his teeth into. He wanted his children, seven year-old twin girls, to have a sense of grounding, a sense of place. Running his own culinary business, Epicurean Exchange, and helping to manage his young family did not quite fill every minute of his day. And so, the Orinda Historical Society will probably never quite look the same.

... Read on page 6

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Lafayette

Lamorinda Community

Lafayette

Calendar	
City Council	7pm
Community Center, Manzanita Room 500 St Mary's Road Monday, July 27	
Planning Comm.	7pm
Community Center, Manzanita Room 500 St Mary's Road Thursday, August 6	
Design Review	7pm
Community Center, Manzanita Room 500 St Mary's Road Tuesday, August 11	
Senior Services	3:00pm
Community Center, Alder Room 500 St Mary's Road Thursday, July 23	
City of Lafayette: http://www.ci.lafayette.ca.us Chamber of Commerce: http://www.lafayettechamber.org	



Mailbox Thief 6/29/09 – A La Caminita resident wrote a check to JC Penney and put it in her mailbox. Later that day, the resident was contacted by US Bank in Pleasant Hill to see if she'd written the check to a female suspect at the bank. The resident confirmed she had not written the check to the suspect and the bank advised her to contact the police.

Razor Blade Fan at Safeway 6/30/09 – A suspect was observed placing 7 packs of Gillette Power razor blades in a Safeway basket and then transferring them to his backpack. The suspect then walked out of the store without attempting to pay for the razor blades valued at \$139.33. The suspect was stopped by store employees and attempted to flee before police arrived. It turned out the suspect has a rather curious razor fetish and had been arrested during the prior month for stealing razor blades at Target in Walnut Creek.

Lock Your Car 7/6/09 – A Carol Lane resident left her unlocked car in her carport for the evening. She returned the next morning to find the trunk, driver's side door, glove box and console open. The crafty villain managed to open the unlocked car and got away with a \$20 bill and a phone charger.

Dog Statue Defaced 7/17/09 – A School Street resident called police to report an act of vandalism. An unknown suspect had rudely defaced the owner's cement dog statue. The statue was valued at \$200.

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Lafayette Moves Forward With Charter City Process

By Jonathan Seclow
The Lafayette City Council is considering dropping Lafayette's general law status in favor of becoming a charter city. Such a move would place Lafayette among the 114 cities in California that have adopted charters.

The City Council assigned a committee to investigate the advantages of becoming a charter city. On Monday, the committee's findings were presented to the council by the committee's chair, Cheryl Noll.

In her report, Noll explained that the City Council's primary motivation for considering such a shift is the possibility of increased revenue. Charter cities have the ability to raise their property transfer taxes, which

are fixed at 0.055% in general law cities. The benefit of a higher property transfer tax is that it creates a source of local revenue that cannot be withheld by state legislators in Sacramento. Such a revenue source would be particularly valuable now, as many fear large "take-aways" by the state during California's budget crisis. Even if Lafayette were to adopt a charter, voters would still have to approve any increase in property transfer taxes.

Furthermore, the report claimed that a move to a charter city would give Lafayette greater control of local governance as it relates to capital projects. There are regulations that general law cities must follow

when awarding contracts to vendors. Charter cities are allowed to bypass many of these regulations for contracts under \$100,000. This will free up time and money for city administrators, who are forced to devote time to advertising and evaluating bids. It will also allow the city to award contracts to local vendors in cases where they are not the lowest bidder.

Another benefit of pursuing charter city status, according to the committee's report, is that it allows the city to restructure and modify its local government in a manner that is seen fit. However, the City Council stated that they found no problems with the current structure.

Finally, the committee said

that charter cities might be able to pay non-prevailing wages for certain capital projects. While this seems possible under California law, it has proven much harder in practice for cities that have tried it. To date, no city has been able to pay non-prevailing wages without being contested. There are several cases regarding the matter in court now.

The risk of adopting a charter is that it can be amended in ways that could constrain the city government. The committee found that these risks were minimal, and very few city charters featured binding arbitration amendments.

Following the presentation, Noll announced that the committee

would like to support Lafayette's pursuit of a charter.

"We would like to recommend that Lafayette adopt a shorter and broader charter. We would like one similar to San Ramon's," Noll said.

The City Council reacted favorably to the committee's recommendation.

"The consensus then, is to have the committee move forward and prepare a draft charter for Lafayette," said Mayor Don Tatzin.

Following the committee's presentation, the Council moved to have the committee prepare a draft charter for possible inclusion as a ballot measure in the next local election.

New Classroom Building Almost Open



Photo provided

Pictured above is the new 18,000 square foot classroom and administration building of the Contra Costa Jewish Day School, scheduled to open this August. Located across the parking lot from Temple Isaiah, off of Risa Road, it has a commanding view of the Lafayette Reservoir.

"Our new building represents a huge milestone for the Contra Costa Jewish Day School as we establish ourselves as a vibrant and permanent fixture in both the independent school and Jewish communities of Contra Costa County. We have grown from a school of 25

students when we opened in 2001 to 120+ students for the coming school year and we're still growing," said Lisa Friedman, Director of General Studies. C. Tyson

Beautiful Gazebo Care of Garden Club

By Cathy Tyson



Gazebo Photo provided

While some residents might grumble about pulling weeds, pruning and fertilizing, these folks can't get enough of it. Formed thirty-nine years ago, the

dedicated members of the Lafayette Garden Club have spent countless hours supporting civic beautification projects.

At 150 members strong, mostly women and a few men from their twenties into their eighties have endeavored to enhance their knowledge and love of gardening. Their most visible imprint on the city has been maintaining and improving the Gazebo since its dedication in 1987 to celebrate the Bicentennial of the Constitution and the adjoining Virginia Anderson Memorial Garden. Located at the corner of Golden Gate Way and Mt. Diablo Blvd, it took the Friends of the American Legion Post 517 along with Veterans of Foreign Wars Post 8063, The Lafayette Garden Club and many others to get it built.

Early on there was no water at the Gazebo, so devoted member Virginia Stone and her husband filled up big buckets at home and drove them to the garden to hand water. When Barbara Peters took over she decided to ask the city for a spigot. Now they have a drip watering system, but it can be a little temperamental. At one point the Public Works Department had a water truck come by to give thirsty plants a drink.

"It's a great opportunity to dig in the earth and get to know people on a different basis than at the meetings. It's been so rewarding, I encourage everyone to get involved," said Stone. Even Barbara Peters, who has a very large lush backyard garden of her own, notes that it's been a labor of love. Because her

husband Ray was part of the effort to get it erected she said, "I always felt loyal to the Gazebo." It's quite busy, with parents and children and walkers who're taking the bridge that crosses the creek and links it to the regional path. "People really appreciate it," said Peters, especially on a hot day, who wouldn't enjoy a comfortable bench and some welcome shade.

The Club meets once a month where they share a potluck lunch and have a featured speaker. Ecology, flower arranging, and growing exceptional tomatoes are some of the wide range of topics speakers cover. Noting the breadth of ages of members, Ruth McCahan, past President said, "About three years ago there was a big influx of women with grammar school aged kids that add to the overall vitality of the Club." They recently re-landscaped the Anderson Memorial Garden with drought tolerant plants.

Annual fundraisers alternate between a spring plant sale and a garden tour. Last year's tour raised a phenomenal \$10,000 which the Club gave to schools to support garden projects. Their other projects include Youth Homes - helping children who live in a group home with a backyard garden, a white elephant sale and supporting a promising DVC student who is interested in horticulture with a scholarship.

They even have their own club flower - the daffodil. For more information, see website - www.gardencentral.org/california/lafayette/.

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Moraga

Lamorinda Community

Calendar	
Town Council	7:30pm
Joaquin Moraga Intermediate School 1010 Camino Pablo none in August	
Planning Comm.	7:30pm
Moraga Library 1500 Saint Marys Rd Monday, August 3	
Design Review	7:30pm
Moraga Library 1500 Saint Marys Rd Monday, August 10	
Park & Rec	7:30pm
Hacienda, Mosaic Room 2100 Donald Drive Tuesday, August 18 (check back if canceled)	
Liaison	8:00am
Fire Station 1280 Moraga Way Friday, September 11	
Town of Moraga online: http://www.ci.moraga.ca.us	
Chamber of Commerce: http://www.moragachamber.org	



Tasered SMC student, 7/15/09 Moraga officers responded to a call at Saint Mary's College about a student throwing furniture out of a dorm room. Broken furniture and glass were on Mission Road near the Ageno building. "It appeared as though a violent episode had occurred inside (the room)," noted the police report. While chatting up one of the uncooperative occupants, a non-student, he fled into a heavily wooded creek area on campus. When located, he took off again and refused to stop even when ordered by the cops to do so, so he was tasered. Student was taken by the fire department to Contra Costa Regional Medical Center in Martinez, then transported to the Main Detention Center in Martinez.

Unlicensed driver, 7/14/09 Cops pulled over a Toyota Tundra on Campolindo Drive for not stopping at a stop sign at 10:40 in the morning. The driver, who was from Pacheco, didn't have a license, so he was issued a citation and the vehicle was towed away. Long walk home.

Unlicensed teen driver, 7/13/09 Just that phrase should strike fear in other Moraga drivers. At 9:30 at night officers observed a blue Lexus at the intersection of Center Street and Rheem Blvd, without it's headlights on. Turns out the driver who had a teenage friend in the car, had never been issued a drivers license. The driver was issued numerous citations; the parents were contacted and took the car home.

Identity Theft, 7/08/09 Someone took a Camino Ricardo resident's social security number, name and date of birth in order to transfer \$940 out of her checking account and attempted to obtain other accounts. The victim has alerted her bank and credit card issuers, so future fraud can be stopped.

Moraga Police Chief Gives Promotions



Lieutenant Jeff Price, second in command of the Department

Courtesy of MPD
"I am delighted to announce that we promoted Sergeant Jeff Price to Lieutenant," says Robert Priebe, Moraga's Chief of Police. Price, a native of Orinda, graduated from Miramonte and earned his bachelor degree at Saint Mary's College. He lives in Lamorinda. "Jeff's been with us in Moraga for 28 years, and he is an excellent officer," states Priebe of the Lieutenant who is now his second in command.

"I've really enjoyed working in Moraga," says Price, "in a small town we are able to develop and maintain one on one relationships with residents and officials and that makes our job easier and more efficient."
Price plans to work in Moraga

By Sophie Braccini

for another four to five years and then retire, at about the same time Chief Priebe may also retire, and that's what he sees as his big challenge for the coming years. "We have in front of us some hiring, training and developing of our employees," says Price, "we want to retain them, and make sure they'll be ready to assume leadership roles when the time comes." In the meantime, Price adds that he looks forward to continuing his good relationship with the community.

Officer Brian South is now Sergeant South. South is a native Moragan who graduated from Campolindo. He is working on his degree as he works on the force. "Brian has been with us as an officer for 7 years," comments Priebe, "prior to that he was a reserve officer with us."

Promoted from Officer to Acting Sergeant was Will Davis. Davis' background is somewhat unusual. After graduating from Saint Mary's, he earned a Juris Doctor from the McGeorge School of Law at the University of the Pacific. After being a Deputy District Attorney for Yolo County and then for Contra Costa County, he put himself through the police academy and was hired in Moraga 2 1/2 years ago. "I think he's really found his niche," said Priebe, "and he is very good at what he does."

Proclamation Honors MYIC Leader

By Sophie Braccini

When she made her presentation to the Town Council about the Moraga Youth Involvement Committee's (MYIC) year, Committee Chair Jessica Targett did not expect the excitement that would ensue. As the recent Campo graduate and soon to be Loyola Marymount University freshman was leaving the stage, she was called back by Mayor Dave Trotter to hear a proclamation honoring her outstanding performance on the committee. After the proclamation, staff and elected officials added some kind words about her job on the MYIC.

"I was totally surprised," says a very unassuming Targett, "I know the committee did way more this year than the previous years, but this was really the result of everyone's input and work."

The proclamation was written with the other young members of the Committee, and included statements such as, "Jessica Targett's true leadership is evident through her persistence to improve MYIC events;" "(She) was awesome because she was involved with every single event and project from beginning to end;" and "(She) is always willing

to go the extra mile... or sacrificing extra time to plan and work events."

Staff had much praise for Targett. Kimberley Nelson, Parks and Recreation and Facilities coordinator, praised how Jessica effectively worked with everybody. Parks and Rec Director Jay Ingram said, "Jessica, you were exactly what MYIC was supposed to be, and you've exceeded all expectations."

Council Member Mike Metcalf acknowledged that MYIC has done more this year than past years, and Council Member Karen Mendonca recognized Jessica's natural leadership talent, which builds consensus.

"That's what I like," confirmed Targett, "building consensus and allowing everyone to contribute."

The young woman hopes that other teens will be inspired to join MYIC next year. Applications can be found on the town web site and have to be turned in before August 14. "This was a wonderful experience," she said, "I enjoyed working with my peers and for your town. We got to know the staff and understand better how a municipality functions."

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Comic Book Kids, ages 5-12, Aug. 10-14

World Scientists, ages 6-11, Aug. 17-21

FALL ACTIVITY GUIDE, mailed Aug. 8

Parks and Dogs in Moraga

Lazlo Bonnyay added, "when my dog is off leash and as I have seen with dogs all my life, if they have to (eliminate) they will run to a place where they are comfortable doing it, which may or may not be on the turf or the walking path and there is no way you can stop them, as every owner knows. Most dogs in Rancho Laguna prefer to run to the side in the mulched area, away from the play or picnic grounds. Under the proposed ordinance, all dog owners would be in violation at one time or other."

But for Ingram, leaving the dogs free to roam the picnic and kids' play areas is problematic. "Rancho Laguna is the only park in the county that allows off-leash dogs in a non-fenced area," said the Director.

Moraga resident Longina Treat agreed, "The town is very fortunate that there hasn't been a tragic accident with the dogs and children," she said. She proposed that the town consider an enclosed off-leash area. "Sanitation is an utmost

consideration, regardless what individuals say, there are many people who simply do not pick up after their animals," she added, "an alternative would be to enclose an area with play structures, benches, water fountain, etc, for the children to play."

Bob Reynolds shared her opinion, "Some of my earliest and fondest memories are of our family pets and I have had a dog in my house virtually all of my life," said Reynolds, "But, I also know of the tragedy that can result from mixing children with dogs. We need to prevent the preventable. We must keep our children safe." Reynolds added that he was concerned that beautiful Rancho Laguna Park was underused because it has become known as the "dog park," avoided by people that are afraid of the dogs, uncomfortable around dogs, or just don't like the "presents" that dogs leave behind. "We need to do all we can to make Rancho Laguna attractive to everybody," he concluded.

For Mallela the mission of the Commission is to make sure that all

... continued from page 1

the users are taken into account in the policy that's defined. "It is part of our charter, we need to meet the need of the dogs' owners, simply because they represent a very important part of the Moraga population," he said, "and we need to take into consideration the needs of all the other groups in town also."

This desire to provide a long-term solution, that supports all park users, prompted Ingram to recommend tabling the ordinance. "This text clears up some of the problems, but we need to define a master plan for Rancho Laguna," said Ingram, "that plan could alter the dog ordinance altogether. For example, we could propose to move some playgrounds." Ingram says that the proper way to do this is to let the Parks and Recreation Commission look at the long range use for the park, including every user, dog owner, sports group, girl and boy scouts, parents and programs that use Rancho Laguna. He believes that this master plan will de facto resolve the "dog ordinance" issue.

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-Tracey Bartlett, Member

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Children's Church.....10:30am
Youth Service.....10:30am
Young Adult Service..7:30pm

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-Dr. Brad Reiches, GodThoughts, Volume 2

Nursery care is available during the 9:00am and 10:30am services

Weekly Activities Include:
Wednesday:
Community Bible Study...10am
REVERB (youth).....7pm
Friday Night:
BLAST! Kids Club.....6pm



"Since coming to Willow Spring, my faith has grown and it has allowed me to use my gifts. I love the leadership's focus on following God's word, and encouraging the members to grow and understand His word. This is my church home because of the caring people and the strong support for the Children's Programs."
-Evelyn and Rich Brown, Members

Willow Spring Church is an evangelical, non-denominational, Bible-Driven church with a vision to:
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"Willow Spring Church is the home of the Internationally recognized "GodThoughts" Ministry serving more than 10,000 people daily in over 100 countries around the world.

Orinda

Lamorinda Community

Orinda

Calendar

City Council 7pm
Auditorium, Orinda Library
26 Orinda Way
Tuesday, August 18
Tuesday, August 4 canceled

Planning Comm. 7pm
Auditorium, Orinda Library
26 Orinda Way
Tuesday, August 11

Historic Landmarks Comm. 3pm
Gallery Room, Orinda Library
26 Orinda Way
Tuesday, July 28

Mayor's Com. Liaison 8:30am
Community Room at City Hall
22 Orinda Way
Monday, September 8

City of Orinda:
<http://www.cityoforinda.org>
• all meeting notes
• calendar updates
Chamber of Commerce:
<http://www.orindachamber.org>
• local businesses
• upcoming events

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Fixing Orinda's Failing Roads—Who Pays?

By Andrea A. Firth
How to fund the fix of Orinda's worst-in-the County roads remains an unanswered question for both the City Council and residents, and it appears the problem will only get worse unless something is done. "At the current funding level, our roads are going to further deteriorate," stated Richard Nelson, Vice Chair of Orinda's Citizens' Infrastructure Oversight Commission (CIOC), in his comments at the July 7th City Council meeting. "We need to look very deeply across a range of options. The problem is probably

worse than what people realize," added Nelson.
Residents of Crest View Drive were also present at the Council meeting hoping that the City staff had found a way that their pot-hole pitted local road could qualify for urgent repair funds. "It's a daily quality of life issue driving up and down our road," stated resident Diana Stevens. According to Orinda's Director of Public Works and Engineering Chuck Swanson, Crest View Drive does not qualify for the annual pavement management program, because

it is classified as a local street. Access to street repair funds through the City's urgent repair program appeared to be a dead end for Crest View travelers as well. "[Crest View] doesn't fit with the urgent repair policy," stated Swanson. "We have other streets that are even worse."
Swanson's report to the City Council then focused on the question of how the City will address streets that urgently need repair but that are not eligible for repair based on current policies and available funds. One option presented was the

creation of street specific Special Assessment Districts similar to the Lighting and Landscape Districts present in parts of Orinda.
"We spent quite a bit of time reviewing special assessments districts," stated the CIOC's Nelson, who noted that these special assessments have been implemented successfully in other areas. But it is not an easy fix according to Nelson. "Residents have to agree to being taxed and how they are going to be taxed," he stated. "It can be divisive. You end up with some streets fixed

while others are not."
"We need creative thinking to solve our problem," stated Nelson. "Are you willing to pave half if the City paves half?" he added as an example. Allowing neighborhoods to raise funds for street repairs and City/neighborhood cost sharing were other options discussed. Ultimately the discussion segued to the discussion of a citywide bond. Road repair bond measures have been placed before the voters twice in recent years and failed by a narrow margin.

ORINDA POLICE

Car burglary, 7/09/09 A car was parked on El Nido Road east of St. Stephan's. An unknown suspect smashed the front passenger side window and took an Apple iPhone. Estimated damage, \$500 for the phone and \$300 for the window. This is the second time the blotter has reported this kind of smash and grab on El Nido. Might have been wise to not leave the fancy phone so visible.

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No MMD in Orinda for Now

By Andrea A. Firth
By unanimous vote at the July 7th meeting, Orinda's City Council adopted an ordinance imposing a 45-day moratorium on the establishment and operation of a medical marijuana dispensary (MMD) within the City. According to Planning Department Director Emmanuel Ursu, the Planning Department was recently approached about obtaining a permit for the creation of an MMD in Orinda, which does not have an ordinance specifically allowing medical marijuana dispensaries.
Although the possession, use, manufacture and distribution of marijuana are illegal under Federal laws, California voters legalized the medical use of marijuana

in 1996. Two jurisdictions in Contra Costa County, Martinez and Pinole, allow MMDs, seven prohibit MMDs, and ten others, including Lafayette and Moraga, currently do not have an MMD ordinance. During the 45-day moratorium period, the City staff will investigate and draft proposed regulations of MMDs for the Council's consideration.

Cat fight, 7/07/09 A 35-year-old woman stated that a 63-year-old Altarinda Circle resident slapped her during a heated argument about money. The older woman admitted to police that she slapped the younger gal. Younger gal placed her under citizen's arrest and requested prosecution.

Theft, 7/05/09, An unknown suspect entered the Orinda Safeway and proceeded to force open the cash register at the Bakery counter and took \$115 from the drawer. Suspect fled on foot and left in a white Mercedes Benz SUV. If you could afford that car, why would you be stealing? Hmm, perhaps the Mercedes was stolen too?

D.U.I., 7/04/09 At the corner of Moraga Way and Glorietta a car was rear ended. Witnesses state the car was weaving prior to the collision. Smelling of alcohol, the at-fault driver slurred, "I made a mistake." The Saint Mary's college student admitted to drinking and had a blood alcohol level more than twice the legal limit. That's no way to celebrate the nation's birthday.

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Orinda Friends Walk for Cancer



Pictured are (clockwise from top right) Kim Laughton, Elaine Dathe, Jane Katsura, Laura Moran, Melba Muscarolas, Carol Whittaker, Maria Solit on day 2 of their walk in front City Hall in San Francisco. Photo provided

Seven friends from Orinda recently completed the Avon 40-mile walk for breast cancer and raised over \$62,000 for the cause. The Orinda crew was the event's fourth highest fundraising team, and walkers Melba Muscarolas, Laura Moran and Janie Katsura were ranked 1st, 7th and 8th, respectively, among fundraisers in Northern California. Each of the Orinda ladies walked in honor of friends and family members who have dealt with breast cancer with the goals to raise money for research and treatment and awareness about prevention and early detection.

A.Firth

Coroner's Report Released in Death of Orinda Teen

By Lee Borrowman
According to the Contra Costa County forensic pathologist's report, 16-year old Joseph Loudon died of "asphyxia, due to aspiration of gastric contents due to alcohol and papaverine ingestion," Sheriff's Department spokesman Jimmy Lee announced on Wednesday, July 15.
Orinda Police responded to a home on Hillcrest Drive in Orinda the night of May 23, after receiving a report that a young man who was intoxicated and unresponsive at a teenage party. Loudon was transported to Kaiser Hospital in Walnut Creek where he was pronounced dead.
Although police initially suspected alcohol poisoning to be the cause of Loudon's death, the forensic pathologist found that Loudon's blood alcohol level was "very low." However, there was a high level of papaverine present.
Loudon's blood alcohol level was .03, according to Orinda Police Chief William French. As a frame of reference, it is illegal for an adult to drive with a blood alcohol level of .08 or higher.
Papaverine is a prescription opiate which acts as a vasodilator, relaxing veins and arteries to increase blood flow. An older drug, its effectiveness has been questioned. It is used to treat certain coronary conditions as well as spasms of the intestinal and urinary tract; it is sold under the brand names Pavabid and Vasal and is also available generically. Papaverine's side effects can include nausea and abdominal distress, and patients taking papaverine are warned to use caution when consuming alcohol.
Papaverine is not known as a recreational drug and French said he had never seen it used as such. He also stated that Loudon did not have any prescriptions for medication. At this time, police are unsure how Loudon obtained papaverine.
Three arrests have been made in this case to date; 18-year Patrick Gabrielli, who hosted the party and a 16-year old male were arrested on suspicion of providing alcohol to and contributing to the delinquency of a minor. Robert Martin Scott of Rohnert Park was arrested on suspicion of forgery and identity theft after several Miramonte High School students were found to have fake IDs. Police said they found about 100 fake driver licenses in Scott's home.
"This case remains a priority for the Orinda Police Department," stated French. Although the Orinda Police have received dozens of calls with information regarding the case, French encouraged anyone who might have additional information to come forward.
Andrea A. Firth contributed to this article

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Cyrano on Stage in Orinda



Laura Morgan as Roxanne, Peter McArthur as Christian, and Edwin Peabody (on left) as Cyrano de Bergerac in Orinda Starlight Village Players' current production. Photo Ohlen Alexander

After enjoying larger than usual crowds for their Agatha Christie season opener, the Orinda Starlight Village Players launched their production of *Cyrano de Bergerac* last weekend on a warm starry night at their outdoor amphitheater tucked in the corner of the Orinda Community Park. Starring as *Cyrano* in his first play with the Village Players is Moraga resident Edwin Peabody. "It's the true definition of community theater. It's a grass roots organization, and I really appreciate it," states Peabody.

"This play is a true love story," says director Suzan Lorraine who has been acting and directing with the Starlight Village Players for over ten years. "It has all the elements of the best plays in the world. It's absolutely a classic," adds Lorraine who admits this is the first "classic" that she has directed. "I was terrified of this play... but it's been fantastic," she adds.

Lorraine and husband, Bill, who plays the bad guy Count de Guiche in the production, worked through several versions of the play to whittle the 200-page script down to a manageable two hour and fifteen minute performance. Written in verse with rhyming couplets, the play is based on the life of Hector Savinien de Cyrano de Bergerac, a 17th century play

By Andrea A. Firth

write with a swashbuckling manner. While portraits suggest the original *Cyrano* had a large nose, the prominence of his proboscis is a central theme to both comic and dramatic moments in the play.

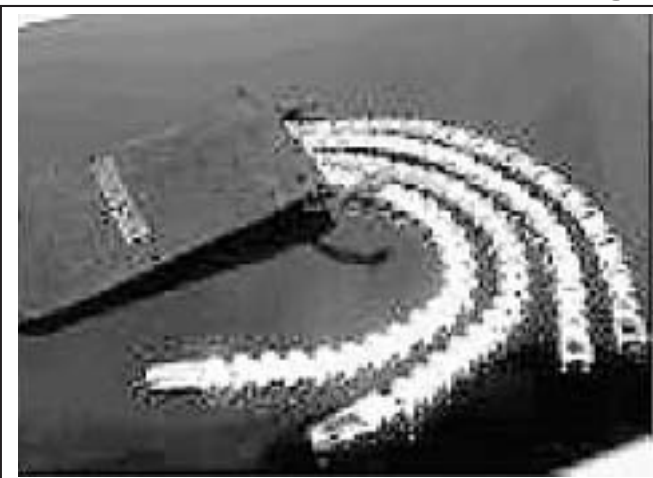
"When Edie puts on his prosthetic nose each night, he transforms. He becomes *Cyrano*," says Lorraine who has been thrilled with the casting. "I could not have gotten a better cast."

Peabody describes digging deep into his early life in order to connect to his inner-*Cyrano*. "He overcompensates for his nose with his sword," says Peabody. "He had his own 'small man's' disease." Standing just 4'10" as a sophomore in high school, Peabody could relate. Although he experienced a late growth spurt, Peabody still recalls being teased for his short stature. "A couple weeks into rehearsal I found a real connection to the character—his feeling of loneliness while knowing he is not a lesser man."

The Starlight Village Players Production of *Cyrano de Bergerac* will run through August 15th. Show times are Fridays and Saturdays at 8:30 p.m., with additional performances on Sunday, August 9th at 8 p.m. and Thursday, August 13th at 8 p.m. Tickets are available at the door. For more information go to www.orsvp.org.

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Lafayette Promotes Safety Awareness

By Sophie Braccini



Vehicle and personnel from Contra Costa County Fire Picture courtesy of the Lafayette Emergency Preparedness Commission

On August 1, from 10:00 a.m. to 2:00 p.m., the Lafayette Safety Fair will take place at Stanley Middle School, 3455 School St. The Safety Fair is brought to you by the Lafayette Police Department, Lafayette Emergency Preparedness Commission and the Lafayette Crime Prevention Commission.

"We hope that the fair will be one way our community can get together to meet their neighbors, enhance personal safety, and help to keep Lamorinda a great place to live," says Dennis Rein of the Emergency Preparedness Commission and one of the event's lead organizers, "we want the community to know what resources are out there in the areas of safety, fire, neighborhood

watch, emergency preparedness and how crime prevention works."

There will be many attractions for families, including a kids' bike rodeo and safety check, a fire shack, helicopter landings and visits by Smokey the Bear. The Lafayette Rotary Club will provide hot dog lunches.

Besides fun, the focus will be on getting residents the information they need to stay safe.

At the Lafayette Police Department booth, residents will be able to meet the K9 officer. The children who bring their bikes will learn to ride safely at the bike rodeo.

Visitors to the fair can also learn about the Neighborhood Watch program, get DNA kits and have their children fingerprinted. Information will be available on Lafayette's new solicitor ordinance, and residents will be able to pick up a "No Soliciting" sign for their front doors.

The Contra Costa Fire Protection District will dispatch information on fire safety in the home from a county fire prevention specialist and will showcase some of their vehicles. East Bay Regional Park District, Regional Parks Police, Fire and Volunteer Trail Safety will be there with Helicopter Eagle VII, to provide trail safety tips, and will display a Wildland Fire Engine.

Many other groups will be present as well, including the Bay Area Red Cross, Disaster Animal Response Team (DART), EBMUD, Lamorinda Community Emergency Response Team (CERT) and more.

According to Fred Lothrop, Chair of the Lafayette Emergency Preparedness Commission, the fair had existed in the past but was discontinued. This August event is the first of what he hopes will be a long series of useful and fun events.

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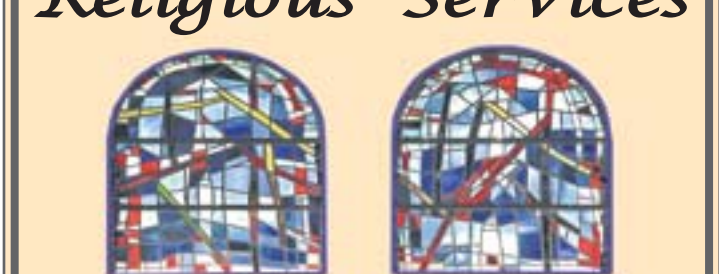


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LAMORINDA Community

Letters to the Editor

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email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Editor:
On June 23 my dog and I returned to my car after walking on the trail. The car would not start. I am 80 and Precious is 12. It was very hot. We walked to the Commons. A lady called Ron at Moraga Motors in Rheem.
Ron started the car. The gear was not all the way in park. I offered to pay him. He refused. I asked if he should check out the car. He said there was nothing wrong with it.
I have been going to his shop for over 10 years.

Sincerely,
Shirley Lawrence
Moraga

Editor,
There are a few things that have been overlooked with regard to comments made about Rancho Laguna Park's off-leash hours.
I would encourage putting a short fence around the playground, not just to protect children from dogs, but to keep them from running into the parking lot right next to both play areas. I have seen this happen several times and have corralled other people's children myself.
The limited hours for dogs to be off leash (before 9 am and two hours prior to sunset) are not prime hours for small children to be playing at the park. Those of us who do take both our children and our dogs to the park during those hours want the dogs and children to play together, but are not naive enough to hand tuna sandwiches to our children at that particular time.
Dogs who are adequately socialized and exercised are far less likely to bite anyone than dogs that are not. A dog that is on leash tends to be more de-

fensive, and frankly, can still bite.
Rancho Laguna is most heavily used during the off-leash hours. If the Parks and Recreation Committee and the City Council really want the park to be used as they claim, they have their wish before 9 am and two hours prior to sunset. There is a lovely community of dogs and their people using that park every day.
Diana Stephens - Rancho Laguna regular for almost 10 years
Orinda

Editor:
BART employees average nearly \$100,000 a year in salary. Booth attendants make over \$65,000. Factor in health care, defined benefit pension plans and fringe benefits and average compensation tops \$120,000. Now BART employees want to strike because officials want to freeze raises for 3 years, with a guaranteed increase in the fourth year. What?! How arrogant, when so many people can't find work!
Let them strike and replace them all; it wouldn't be too hard. We pay high ticket prices, property tax, 1/2% of our sales tax, and income tax, (through state programs) into BART's kitty. We shouldn't be asked to pony up more. Instead, BART needs to look at other transit agencies like Tri-Delta Transit and West Cat. They contract out to provide decent, living - but sustainable - wages and benefits to a unionized staff. Why can't BART do the same?

Sincerely,
Gabriel Froymovich
Lafayette

Editor,
Orindans should be aware of the terms of the pension of the last Fire Chief to retire from the Moraga/Orinda Fire District (MOFD). This Chief is in his early 50's. Before retirement he was the MOFD Fire Chief for approximately 3 years.
On July 2, 2009 the Fire Fighters' Union wrote a letter to the MOFD Board of Directors. According to this letter the MOFD Board Directors amended the Chief's contract on 12/10/08. This amendment used tools such as backdated vacation accrual, etc., to increase his last year's salary compensation from \$184,000 to \$241,000. This hefty \$56,000 pension increase was all done by amendment three (3) days before the Chief announced his retirement and started drawing from his newly inflated pension.
This \$56,000 bonus spike over the Chief's original \$184,000 contract increases his retirement pay by approximately \$2.8M over 30 years with cost of living increases.
After the Chief retired and started collecting his \$241,000 pension, the Board hired him back on a 9-month contract at approximately \$14,000 per month. It is unfair that Orinda annually pays approximately \$800,000 more for each of 3 Orinda fire stations than Moraga pays for each of their 2 stations. Orinda could use this \$2.4M (\$800,000 x 3) to fix roads if Orinda detached from MOFD and formed an all Orinda Fire District.
Each Orinda household annually pays approximately \$400 more for MOFD than each Moraga household pays. The fleecing of Orinda taxpayers has gone on too long.

Vince Maiorana
Orinda

Orinda Historical Society Restores Bridge

By Andrea A. Firth



San Pablo Creek Bridge at Camino Pablo and Orinda Way, circa 1924. Photo provided by the Orinda Historical Society.

History takes time. History makes memory... Gertrude Stein

Charlie Vollmar was looking for something to sink his teeth into. He wanted his children, seven year-old twin girls, to have a sense of grounding, a sense of place. Running his own culinary business, Epicurean Exchange, and helping to manage his young family did not quite fill every minute of his day. And so, the Orinda Historical Society will probably never quite look the same.
Vollmar, recruited by long-time Historical Society President Lucy Hupp-Williams, recently came on board as the Historical Society's Vice President. "Orinda's history is a part of the 3rd grade curriculum for my children," states Vollmar, who has been actively reaching out to his own personal network of friends and associates to increase awareness and recruit young families as members of the Orinda Historical Society. "We live our history everyday," he adds.
Vollmar spent his early years in Orinda. "I lived here from age two to five before moving to the foothills. I attended nursery school at the Community Center," he explains, "I came back in 1992 with my wife to set down some roots."
As Vollmar became more in-

involved with the Historical Society he looked for small projects that could encourage the involvement of young families, like his own, in the Society's activities. Obstacles such as time, insurance, and money did not pose as barriers to Vollmar's enthusiasm and drive. When he presented the restoration of the San Pablo Creek Bridge as a project that the City and Historical Society could work on together, he was pleased and reaffirmed by the City's positive response.
The San Pablo Creek Bridge, situated at the intersection of Camino Pablo and Orinda Way adjacent to Orinda Country Club golf course and at the entrance of Orinda Village, was built in 1920. The City designated the bridge as a historic landmark in 1990, but crumbling pillars and peeling paint has left the passageway in need of some tender loving care.
The City agreed to manage the bigger repair work, and Vollmar has recruited a team of residents to add a fresh coat of white paint to complete the restoration job. Members of the Historical Society and friends will meet on Saturday, August 1st between 8:30 a.m. and 3 p.m. to paint the bridge. All are welcome. Bring a brush or roller, paint will be provided. To get involved, contact Charlie Vollmer at Charlie@epicureanexchange.com.



Members of the Orinda Historical Society and friends preparing for the bridge restoration on Saturday, August 1st. Photo A. Firth

Orinda's Miner Road Open!

By Andrea A. Firth

"The Miner Road project is going very well. We are pleased to say that we are ahead of schedule," stated Nora Harlow, the East Bay Municipal Utility District (EBMUD) Community Affairs liaison, in her report to Orinda's City Council in early July. Harlow's words were affirmed last week when Miner Road was re-opened to traffic a full week ahead of schedule. "There will be finish and clean-up work happening for the next few weeks. This work will involve lane closures only, no more road closures or detours," states Harlow. This portion of

the EBMUD Miner Road project runs from Oak Arbor Road to Lombardy Lane and is scheduled for completion by August 21st.
The Central Costa County Sanitary District will be doing minor repairs on Miner Road, between Camino Pablo to Oak Arbor Road, this week and working on the sewer main beginning the week of July 27 for two weeks. "If all goes well, they expect to finish by August 7th," states Harlow. There will be single-lane closures with traffic controls in place, and no road closures.

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Life in LAMORINDA

MOFD Adds Four New Firefighters to Roster

By Lucy Amaral



Firefighters at a minor vegetation fire last Saturday in Orinda near Valley View Drive and Don Gabriel Way. Photo submitted by Jim Boucher

Four newly-hired firefighters were introduced to the Board of Directors at the July 15 Moraga-Orinda Fire District (MOFD) Board meeting. Daniel Elbanna, M. Evan Edminster and Jacob Airola were in attendance at the meeting. The fourth, Steven Gehling, was out of town but was included in the introduction by Battalion Chief Darrell Lee.

The four graduated from the XAL Fire Academy in San Leandro and will be replacing recently retired MOFD firefighters. Lee said that the Academy work included physical training, education and practical experience.

"It was an intensive 18 weeks of running, pulling hose, ladders, ropes and learning about hazardous materials, helicopter operations and multi-casualty care," said Lee. "This group also focused on Wildland fires, structure fires, car fires and cargo container fires, along with team work exercises and emphasizing the importance of providing customer service to the community." Lee said that each probation-

ary firefighter-paramedic will start their tours in Orinda on the ambulance or fire engine and that their assignment could be for the next six to 12 months.

During their probationary time at MOFD, Lee said the four will continue their training. "They will have continual education in the history of the area, street knowledge, mutual threat zones for Wildland, and deliver the advanced pre-hospital care to the sick and injured," He said.

The new firefighters come to MOFD with a variety of experience. Airola, received his paramedic license from UCLA. Daniel Freeman did his EMT at Santa Barbara City College, served for two years as an Emergency Medical Technician for University of California, Santa Barbara Rescue and worked this last year for American Medical Response ambulance service in Contra Costa County before joining MOFD.

Edminster has served as an ER nurse, a CalStar Flight Nurse, as well as a Flight Medic and a Flight

Nurse for the United States Air Force. He was also part of the first wave deployed to Iraq during Operation Iraqi Freedom.

Gehling, the son of a Contra Costa Fire Captain, holds a degree in Fire Science and gained experience as a volunteer Firefighter-Paramedic in the River-Delta Fire Department and the Cordelia Fire Department as well as serving as a paramedic for Medic Ambulance in Solano County for two years.

A UC Davis graduate with a degree in Exercise Biology, Elbanna's firefighting experience is closer to home, serving as a MOFD Reserve firefighter, including Lead Reserve, for the past year before being hired and attending the Fire Academy.

"We are very proud to have them as part of our team to provide the next generation of firefighters and a long standing tradition of duty, honor and family," said Lee.

The new recruits have already put their training to use. Lee advised that the day after the introductions, several of the new firefighters responded to a Wildland fire near Highway 24.

MOFD to Hold Annual Fill The Boot Campaign

The Union representing the Moraga-Orinda Fire District (MOFD) will host its annual "Fill The Boot" campaign to raise money for the Muscular Dystrophy Association July 27 and July 29 at the corner of Brookwood and Moraga Way in Orinda.

Vince Wells, of Firefighters Union 1230, said that members of the MOFD will be at the intersection from 8:30 a.m. to 2:30 p.m. with boots in hand to collect donations from the community. *L.Amaral*

TIRE SAFETY DURING TRAVEL SEASON

Ask Jeff



Jeff Joyce

Now that our peak driving season is here, the highways are crowded and people are on the go. So let's be sure that the only part of your car that touches the road are safe and reliable. Always have a competent tire facility inspect your tires regularly for pressure and treadwear. Have the wheel alignment inspected annually or if you encounter a road hazard or sudden impact to any of your wheels. Today's cars use larger tires,

mounted on aluminum alloy wheels, which have a lower profile and don't give the same cushion to protect the tires and wheels from impact damage. Plus, lower profile tires can be seriously under-inflated and you may not even notice it. So never take your tires for granted, and keep your tires a priority as they are the only part between you and the pavement.

Dear Jeff:
My tires are making a lot of noise when I drive. They kinda sound like a tractor. Is it just a cheap set of tires or what?
Signed Noisy in Newark.

Dear Noisy:
Most likely it's not the quality of the tire that is responsible for the noise. If your car has over 50,000 miles it's time to look at your suspension performance. Industry experts say shock and strut performance will deteriorate after 50,000 miles and will cause uneven treadwear. Also,

routine tire rotations must be done to insure even treadwear along with regular tire pressure inspections.

Dear Jeff:
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Signed: Flat in Frisco
Dear Flat:
Unfortunately its true. The run-flat tires should not be repaired due to the type of construction of the tire and the fact that once any tire has been repaired, tire manufacturers will void any warranty on that tire. Since run-flat tires were designed to save lives, not money, you were given good, sound advice

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Lafayette Hosts National Pétanque Tournament

By Sophie Braccini



Players caught on a Sunday afternoon at the Lafayette pétanque field. Photo Sophie Braccini

On July 25 and 26 the Lafayette Pétanque Field will host a national championship for men, women and couples. The tournament is open only to pre-registered participants who are members of the Federation of Pétanque USA (FPUSA). It will be

an ideal opportunity for curious residents to come and see champions fight it out at 480 Saint Mary's Road.

Lafayette resident Mary Albright heads up the the Lamorinda Pétanque Club, the tournament organizers. "Our Club has been part

of the American Federation since the beginning," says Albright who is also the vice-president of the Federation, "we have some very good players here in Lafayette and about six local teams will be in the tournament." Overall she expects about 40 teams to compete in the event.

Pétanque is a French metal bowl game that's a cousin to Bocce Ball and Lawn Ball. "Here today we had a lady who came for the first time and who is a bocce ball player," said Albright when we visited with her on the field, "and she is already doing very well."

... continued on page 15

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• Living Longer & Loving It •

Decision Spawns Five Years of Service to Gravely Ill

By Jennifer Wake



George Bruns, Jr., 90, looks over pictures of Bruns House 5th Anniversary Celebration with Hospice of the East Bay CEO Cindy Hatton, RN, MSN Photo Jennifer Wake

When Lafayette resident George Bruns, Jr., sat across from then Hospice of the East Bay CEO Cindy Siljstrom at a dinner table over five years ago, he had no idea how many people would be touched by his decision to fund the first free-standing adult hospice facility in the East Bay.

"Cindy and I were at dinner and she brought up having a facility down in Alamo," Bruns said. "I had always been interested in hospice. I used to read a lot about it, and it always stayed in my mind. It seemed like a good

idea."

Brun's House opened in 2004 and provides 24-hour medical care to approximately six acutely ill patients at a time in comfortable, medically appropriate, private rooms, while offering families a relaxed atmosphere where they can interact with their loved-ones with unlimited visiting hours.

Since the facility opened, more than 1,500 patients have benefited from Bruns House services, including pain relief and symptom management by qualified nurses and physicians, as well as medications and equipment related to the patient's illness, and transportation and meals according to the wishes of the patients.

Current Hospice of the East Bay CEO Cindy Hatton, R.N., M.S.N. describes the facility as "the ICU of hospice."

"When we bring [patients]

into Bruns House, families can be a family. A wife can be a wife, a daughter, a daughter. It gives people that last bit of time left to give quality time to their loved ones."

While medical symptoms are addressed, the facility is "very much a home," Bruns said. "People come and prepare meals, walk in the gardens . . . it's home."

The facility was dedicated to Bruns' son, Air Force Lieutenant George Bruns III, who was killed in an automobile accident in 1967 at the age of 24.

"He was killed on his way home from Long Island, New York as he drove back to Wright Field in Ohio, hurrying back to see his girlfriend," Bruns said. "That's how it always is: A boy rushing home to see his girl."

Brun's started the Lieutenant G.H. Bruns III Foundation after his son passed away.

... continued on page 9

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Moraga Movers Get Help to Buy a Van



Photo Sophie Braccini

On July 16, Joan Bruzzone (L) gave George Fisher (R), President of the Moraga Movers, a \$4,000 contribution toward the van that this senior group wants to buy for the Town of Moraga and which could be used for several purposes including the Movers many excursions. "I want to help people that help themselves, like the Movers," says Bruzzone, "there are more and more older residents like me who enjoy being driven rather than taking their own cars." A very thankful Fisher added that now the Movers have collected 70% of the cost of the used 15-passenger van they want to acquire: "Checks are coming in everyday," he said, "our goal will certainly be met soon."

S. Braccini

Senior Needs Assessment Study Findings Announced

The current offerings are not sufficient, the study found.

The second area of concern for participants was the low availability of moderately priced housing. Currently there is only one senior housing development in Lafayette and it is designated for low-income seniors. Respondents indicated that they would like to see a centrally located senior housing community that would make it easier for them to stay in Lafayette as they age.

Finally, seniors also stressed the need for a centrally located senior center.

While the vast majority did know about the existing senior center, they claimed that it was too remote to be fully utilized. The old library was often suggested as a possible location for a new senior center. They also expressed a desire for the new center to be integrated into other community facilities. Essentially, they do not want for it to be a "seniors only" center.

"I was surprised to find that the seniors wanted something that was not just for seniors. I think that a multi-generational facility will be

... continued from page 1

better for everyone," said Council Member Brandt Andersson.

Other council members reacted in similar ways to the results of the study. They found the data obtained to be interesting and helpful for future decisions. They all stressed the importance of making it possible for Lafayette's aging residents to live in their homes for as long as possible.

"We want for everyone to be able to live in their homes for as long as possible. I certainly don't ever want to have to leave mine," said Council Member Carol Federighi.

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On Going Programs:
Embracing Aging with Story and Movement- Every other Thursday, 1:00 -2:30 PM, 7/30
Positive Living Forum- On the second Thursday of each month, 10:30 - noon, 8/13, 9/10
Bi-Monthly Caregiver Support Group, Mondays, 7/27, 1:30-2:30 PM
Tea Dancing with Karen and Michael, every Wednesday, 12:30 - 3:00 PM, No Tea Dance 7/29
Anne Randolph Workshops: Art of Balance, learn exercises to improve your balance Fri: 6/26, 11:30AM - 12:30 PM,
Preventing Falls, Fri: 7/24, 11:30 AM - 12:30 PM, Sequoia Room, Free Blood Pressure Screening - John Muir Senior Services. Fri 7/24 At 12:30 PM, No appointments are required.
Free Memory Screening (by appointment) - by Caring Solutions. Fri 7/24. Call (925) 284-5050 Appointments at 12:30, 12:50, & 1:10 PM.

Concert, Friday July 24, 1:30 - 2:30 PM. Join us again for a special Friday afternoon concert featuring accomplished musicians baritone Bob Steiner and pianist Martha Wasley. The music will feature not only the song compositions of 19th century Austrian composer Franz Schubert but extend through the romantic Broadway '40's song standards of Jerome Kern (Ol' Man River, All the Things You Are.) Light refreshments are offered. We are grateful to the folks at Byron Park Retirement Community for their support. To sign up, call Lafayette Senior Services at 284-5050. LCC, 500 Saint Mary's Rd, Lafayette. \$3 Members/\$5 Non-Members.

Widowed Person's Support Meetings. Saturdays from 10 a.m. to Noon at St. Stephen's Church, 66 St. Stephens Drive, Orinda: September 12, 19, 26, October 3, 10 and 17, 2009. Meetings are informal discussions among the participants of the emotional and practical needs and concerns of the bereaving person. All widowed persons are welcome. For questions call (925) 932-3448.

• **COMMUNITY Service** •

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions can be sent to storydesk@lamorindaweekly.com, with the subject header In Service to the Community.

MCC Promotes Water Safety with Rescue One Foundation and MOFD

Summer is well under way and it's time to be safe around water
Submitted by
MOFD Fire Prevention Officer Kathy Leonard



Firefighters explain their rescue equipment

Photo provided

Water safety was the lesson of the day for the children and adults of the Moraga Country Club (MCC) on July 6th. Rescue One and the Moraga Orinda Fire District (MOFD) gave a presentation on water safety basics to children and parents of the Moraga Country Club. MOFD firefighters showed the children the specialized equipment that they use to rescue people involved in water related emergencies. Each year, over 3500 water related fatalities occur in the U.S. Children under the age of 14 accounts for over 25% of water related deaths. Lack of sufficient barriers and no supervision are the main contributors.

MOFD also showed off one of their two new ambulances. Two paramedics are assigned to an ambulance full time. The new ambulances are like rolling "emergency rooms". Specialized equipment sends updated patient information directly to the receiving hospital.

Rescue One is a non-profit organization that supports the mission of the Fire District through fund raising. Thanks to Rescue One's efforts, the District is equipped with state of the art automatic defibrillators and other specialized rescue equipment. For more information on Rescue One, visit MOFD.org and click on Rescue One.

Furry Fundraiser



Officer McDevitt and Doc in front of Pet Food Express, Lafayette

Photo Andy Scheck

Officers McDevitt and Doc, of the Lafayette Police Department, made a guest appearance at Pet Food Express last Saturday to help raise funds to purchase protective vests for K9 officers in the Bay Area who have been serving their communities without the appropriate attire. Pet Food Express will do-

nate proceeds to the Western States Police Canine Association's "Cover Your K9" fund. Community Services Officer Cathy Surges-Moscato says that Doc's fundraising efforts are expected to pay off in the form of a bullet-proof vest to call his own.

L.Borrowman

• **Living Longer & Loving It** •

Decision Spawns Five Years of Service to Gravely III

... continued from page 8

"The house is an honor to Mr. Bruns' son," Hatton said. "Everyone here tells his story."

The house is not a sad place. Often times, it's joyful, Hatton said. "Kids are always running around, or we might have a large group of people here. We've held weddings, anniversaries, and even a naturalization ceremony where one patient became a citizen."

And patient's pets are welcome. "One woman even had her horse in the backyard during her stay," she said.

All the rooms open to the backyard garden, which was designed by Lafayette resident, retired hospice physician and Hospice of the East Bay board member Anne Steinmann. The garden includes a large labyrinth that patients and families walk for peaceful meditation. Bruns House is also home to Toby, a poodle who can regularly be seen sitting on the laps of doctors or nurses as they fill out charts, or panting happily in the arms of one of the doctors as he talks to families.

Patients range from young adults to elderly and typically stay only a short time. When patients

come from a hospital, it's a transition to their home and the family is given time to learn how to care for their family member in a home environment, with the supervision of medical staff on site. Others who come from a home care setting to Bruns House do so because they need medical care beyond what can be provided at home.

"This is a needed level of care," Hatton said.

For Bruns, who will celebrate his 91st birthday in September and who has been involved in philanthropic efforts throughout his life, his involvement with Bruns House has been more personal. "I feel part of the family," said Bruns, who regularly visits the facility, although not as frequently lately. Then joking, he adds, "It's my house. It has my name on it. I can go down there anytime."

As for the people who have benefited from Bruns House, Mr. Bruns struck a more serious tone. "Fifteen-hundred people have been to the facility over five years? I didn't realize that," he said. "I think it's great; I think it's working."

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• **Life in LAMORINDA** •

Fun Food Shopping – Is It Possible?

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

Having honed the skills of tearing through a store, slipping between customers (miraculously not knocking them over) while crossing items off a list, answering the cell phone and calculating the shortest line in which to tap my feet, I decided it was time to find at least an occasional alternative to harried food shopping. Sometimes it's necessary, but – enough already. Where's the enjoyment of selecting food to nourish the body? Many food choices are made from stress and lack of time these days. After reflecting on the issue, I have a few suggestions.

Interview your culinary audience beforehand, while making a shopping list.

It's tempting to quote Fran Lebowitz, "Ask your child what he wants for dinner only when he's buying." However, the development of good attitudes towards food is naturally related to enjoying it, and kids appreciate having some input about likes and dislikes. I ask my kids for dinner and snack ideas, and then shop without them. Sometimes it's the closest thing to R&R for the day.

Designate at least 1 fixed shopping day.

Select a day when, to the nth degree possible, food can be purchased for the next few days' meals. This gives the opportunity to think ahead, reflect on what's in season, and plan for some treats. Food cravings can be satisfied with regular shopping excursions when planning a rational approach.

Eat before you go.

Grocery stores that offer samples know that sales of the demo items increase dramatically. By eating a snack before shopping, one can cut down on impulse buys and junk food "gotta haves". That little snack can save a lot of money and excess calories over the course of 52 weekly shopping trips in the year.

Bring only willing assistants.

Have a family member or friend watch the kids and avoid having to save them from falling out of the cart, whining over the loud-speaker, or filling a diaper. Grocery shopping can feel like a mini-vacation without those occurrences. If your child likes to shop and would love nothing more than to cram a basket with Lunchables and the dis-

play candy near the checkstand, it may help to issue a couple of guidelines in a lighthearted way. For example, "We're going in for broccoli and tofu; whoever doesn't ask for anything else gets ice cream later!"

Go seasonal.

Even with the abundant availability of produce from all over the world, it seems more irresistible during our local season. Tomatoes, corn and cherries practically glow in summer, sweet potatoes seduce in autumn, carrots and fennel beckon in winter – you've got the idea. Seasonal ripeness influences nutrient content, and just seems better on an intuitive level. It's also usually less expensive.

Go local.

Put on a hat, grab a bag and visit a farmer's market. Neighbors, musicians, kids and dogs can make food shopping a pleasurable social experience. Use the imagination to capture a sense of ancient market-places where humans exchanged wares since the beginning of time. Aromas wafting through the market tempt the tasting of new foods. Mounds of fresh, healthy fruits and vegetables inspire better eating and delightful recipes. In addition, farmers and entrepreneurs from the region are kept solidly in business. Everyone wins at a good farmers market.

I guess the overall theme is to enjoy the moment, including everyday tasks. Perhaps we are what we eat, but what if we are also how we shop... see you in the aisles.



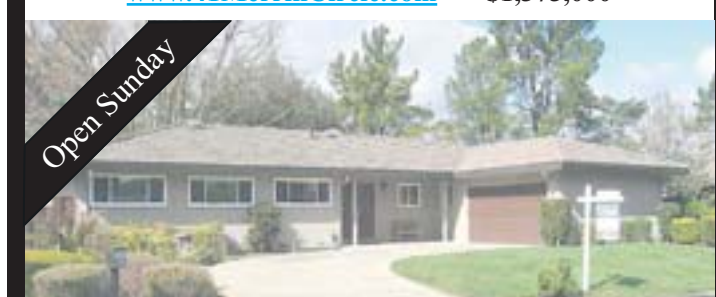
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Lamorinda Home Loan Financing

By Steve Snyder

Are mortgage rates going up? Are mortgage rates going down? I am a regular in reading the Bankrate dot com Mortgage Rate Trend Survey. This past week's survey may point you in the right direction.

The Bankrate.com survey is for conforming and high balance mortgages to \$729,000.00 only. It does not apply to FHA mortgages, VA mortgages, jumbo mortgages, or foreign national mortgages. Jumbo size rates sometimes have a life of their own in the competitive markets and sometimes surprise us. As rates change daily and these days sometimes twice daily, for the most current rates, feel free to contact me directly.

The BankRate's Trend Group's survey for 30-day prediction for mortgage rates:

- 50% predict mortgage rates will increase
- 25% predict mortgage rates will decrease
- 25% predict mortgage rates will remain unchanged

A couple of things are happening in markets right now and none of them are good for mortgage rates. If we use our 20/20 hindsight, we probably could have seen it coming.

1. Home prices are no longer on a steep decline. Lamorinda never took a dive, only flattened.

2. Consumer Confidence is has risen a bit and starting to point its head to a rising model. Let's see where "Back-to-School" retail sales fall by the middle of September. This is a good indicator for retail sales for the balance of the year and the largest retail percentage of an-

nual sales, holiday. Holiday sales can traditionally generate 25-35% of a store's annual sales.

3. The financial system is returning to profitability with higher rates with the cost of funds at the lowest in history? Thus more profits for the banks and stable mortgage rates with an upward edge to higher rates as the consumer gets back into the housing market.

Furthermore, Americans no longer have recession on the brain like they did last September and October. Back then, the financial crisis was the leading story of every news-related show on TV and in print (along with the news of a potentially historical election). Now that we are past that, a positive note creeps in every now and then. This may be one reason why consumer purse strings are starting to loosen. For the fourth straight month in May, retail sales figures were hotter-than-expected while June's reporting indicated more flat sales. We know when the consumer's purse strings loosen up, the economy gets better.

We also know consumer spending accounts for the majority of the economy's activity and, now that spending is up, Wall Street is betting that businesses will prosper. When The Dow Jones goes up the ten year bond goes down. And then? Mortgage rates go up! It shouldn't have surprised us, but mortgage rates have tanked (gone up) over the same period of time. The last conforming 4.25% rate and

4.75% high balance rate I locked was in mid April. I was locking jumbo over a million at just over 5.00%. Look now.

In 2008, mortgage rates benefited from the stock markets' losses. Investors fled risk and parked their dollars in the relative safe haven of the mortgage-backed bond market. Now, in 2009, as the stock market improves, some of those safe haven trades are getting unwound. Over the next few weeks, at least, gains in the stock market should come at the expense of mortgage rates. Guess which way?

Remember, though, mortgage rates move quickly. If you're not already working with a loan officer and know you'll want a new mortgage soon, you should consider being a part of your loan officer's rate watch program which automatically updates you regarding market changes. If you are refinancing, you have the luxury giving your loan agent a full file of docs, enabling them to lock your refinance

based on a goal and a strategy for lower payments laying in wait for the rate to fly by and rate locked when it hits as apposed to a purchase. In a purchase, your loan officer has only so much time to float the file before locking is necessary to complete and close the transaction within the guidelines of the purchase contract. You will need to plan either way.



Steve Snyder is a Mortgage Consultant with RPM Mortgage in Walnut Creek. He can be reached at 925-295-9322 or ssnyder@rpm-mtg.com.

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Lamorinda Home Sales continued

Location	Last reported:	Lowest Amount	Highest Amount
LAFAYETTE	16	\$525,000	\$3,525,000
MORAGA	4	\$400,000	\$1,260,000
ORINDA	6	\$675,000	\$1,675,000

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**
- 897 Acalanes Road, \$790,000, 4 Bdrms, 2089 SqFt, 1950 YrBlt, 6-19-09
 - 16 Almaden Court, \$770,000, 3 Bdrms, 1816 SqFt, 1965 YrBlt, 6-18-09
 - 4136 Canyon Road, \$3,525,000, 5 Bdrms, 6489 SqFt, 2005 YrBlt, 6-16-09
 - 417 Donegal Way, \$525,000, 3 Bdrms, 1548 SqFt, 1967 YrBlt, 6-23-09
 - 1158 Glen Road, \$945,500, 3 Bdrms, 2319 SqFt, 1950 YrBlt, 6-25-09
 - 1812 Hunsaker Canyon Road, \$660,000, 1988 YrBlt, 6-17-09
 - 689 Los Palos Drive, \$1,275,000, 3 Bdrms, 2443 SqFt, 1950 YrBlt, 6-23-09
 - 3308 North Lucille Lane, \$1,100,000, 3 Bdrms, 1459 SqFt, 1951 YrBlt, 6-23-09
 - 1115 Oak Hill Road, \$769,000, 4 Bdrms, 2086 SqFt, 1939 YrBlt, 6-16-09
 - 3398 Ridge Road, \$770,000, 4 Bdrms, 1401 SqFt, 1958 YrBlt, 6-24-09
 - 3392 Rossi Street, \$1,440,000, 4 Bdrms, 2976 SqFt, 1947 YrBlt, 6-24-09
 - 837 Santa Maria Way, \$1,585,000, 6 Bdrms, 2602 SqFt, 1947 YrBlt, 6-19-09
 - 3904 South Peardale Drive, \$1,290,000, 3 Bdrms, 2539 SqFt, 1951 YrBlt, 6-18-09
 - 3965 South Peardale Drive, \$1,162,500, 3 Bdrms, 2112 SqFt, 1949 YrBlt, 6-19-09
 - 1050 Upper Happy Valley Road, \$1,600,000, 4 Bdrms, 3597 SqFt, 1963 YrBlt, 6-24-09
 - 3589 Walnut Street #C, \$565,000, 2 Bdrms, 1518 SqFt, 1979 YrBlt, 6-11-09
- MORAGA**
- 373 Birchwood Drive, \$1,140,000, 4 Bdrms, 2758 SqFt, 1969 YrBlt, 6-18-09
 - 833 Crossbrook Court, \$1,000,000, 4 Bdrms, 2128 SqFt, 1964 YrBlt, 6-25-09
 - 70 Jean Court, \$1,260,000, 4 Bdrms, 2793 SqFt, 1975 YrBlt, 6-19-09
 - 127 Miramonte Drive, \$400,000, 2 Bdrms, 1134 SqFt, 1965 YrBlt, 6-24-09
- ORINDA**
- 3 El Nido Court, \$759,000, 3 Bdrms, 948 SqFt, 1976 YrBlt, 6-12-09
 - 19 Fallen Leaf Terrace, \$1,675,000, 4 Bdrms, 3434 SqFt, 1982 YrBlt, 6-11-09
 - 85 La Encinal, \$700,000, 2 Bdrms, 1278 SqFt, 1951 YrBlt, 6-23-09
 - 285 Moraga Way, \$827,500, 3 Bdrms, 1426 SqFt, 1942 YrBlt, 6-23-09
 - 234 the Knoll, \$675,000, 2 Bdrms, 1180 SqFt, 1974 YrBlt, 6-12-09
 - 9 Vida Descansada, \$1,525,000, 7 Bdrms, 3272 SqFt, 1955 YrBlt, 6-24-09

Lamorinda Foreclosures continued


- MORAGA**
- Ascot Drive, CWALT Inc., 06-16-09, \$343,825, 1439 sf, 3 bd
- ORINDA**
- Crestview Court, CWMBBS Inc., 06-16-09, \$467,500, 1772 sf, 4 bd

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business briefs

Lamorinda Music and Gifts - Grand Opening on July 31
81 Lafayette Circle - 385 0963 - www.lamorindamusic.com
Colleen McCormick has been a Lafayette resident for 16 years and a science teacher with the Lafayette Art and Science Foundation for 10. But there is a passion for music that runs in the McCormick family, from both parents (Colleen and John) to the children Scotty (13) and Emily (16) who play at Acalanes. So it was only natural for Colleen to venture in that direction when she decided to start a business of her own with her husband's support. The concept of Lamorinda Music is two-fold: soundproof music studios for private lessons and group lessons for pre-schoolers, and a store to buy or rent all the band and orchestra instruments. All rental contracts can be transformed into purchase with complete transfer of the money invested in the rental. Being a mother, Colleen added some welcome convenience to her project such as a lounge and a terrace where parents will be able to wait comfortably for their offspring using wi-fi and sipping tea/coffee. The grand opening will be on Friday July 31 from 4 to 8 p.m. With neighboring business, Lafayette Health Club, Lamorinda Music and Gifts will be offering food and drinks, and of course a lot of live music.

Local Builder Wolfgang Schilling Receives 2009 Piedmont Design Award, 81 Claremont Avenue, Orinda, 254-9145
The City of Piedmont recently announced their 2009 Design Award Winners. Included in the recipients was local builder, Wolfgang Schilling, in the category of "Best Remodel and Landscape". This is the second Piedmont Award for this general contractor in three years, having been awarded "Best Addition Award" in 2006. "It's nice to be recognized but the best prize of all has been the opportunity to work with great clients, excellent architects and visionary designers," said Schilling. This accomplished furniture maker, mill worker and general contractor loves creating home environments just as much today as when he started 35 years ago. Since moving to Orinda in 1972 with his wife and two children, Wolfgang has completed projects in the East Bay, South Bay, San Francisco, Solano and Marin counties, Tahoe area and Italy.

Lafayette Car Wash Voted Best of the East Bay
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"We are trying to do all the things possible to make our customers happy and focus on quality," says Blake Wellen, commenting about Diablo Magazine's Best of the East Bay vote, "we want our clients to have a good experience from beginning to end." Part of this good experience is the greeting at the entry of the car wash, and the comfortable waiting area. Wellen credits his quality to his employees. "We have a very small turn over for our profession," says Wellen, "some of them have been on board for 17 years and we all share the same determination to clean all the little nooks and crannies because quality is what counts for customers." The Lafayette Car Wash can also pride itself in the recognition of the East Bay Municipal Utility District (EBMUD). In their "drought center tips" the agency wrote: "Lafayette Car Wash... has a system that recycles 50 to 60 percent of the water it uses, and all but the final rinse water is recycled. By improving the efficiency of the system over time, they are washing the same number of cars with about half the water, down to 25 gallons per car". The company uses biodegradable washing product as well, avoiding another nightmare of EBMUD, sending chemicals in the drainage systems that end up in our reservoirs and drinking water.

A Majority of Lafayette Businesses Support Farmers' Market
At the beginning of the month the Lafayette Chamber of Commerce sent its members a questionnaire regarding the possibility of a farmers' market in Lafayette. Jay Lifson, CEO of the Chamber, shared the results:
Do you think a Lafayette Farmer's Market will help or hurt our local business owners? 121 responses, 80.1% answered "help" and 16.5% answered "hurt"; 3.3% no response.
Do you currently shop at a local Farmer's Market? 60.3% yes, 48% no.
Do you think parking in Lafayette will be an issue on Thursday night? 47.9% yes, 48.7% no, 3.3% no response.
Do you anticipate any traffic/circulation problems during the time the Farmer's Market is open (4pm-8pm)?
43.8% yes, 53.7% no, 2.4% no response.
If the Farmer's Market were to be held on a weekend day rather than an evening, would this change your opinion?
42.9% yes, 53.7% no, 3.3% no response.
Would you be inclined to visit a restaurant or local business before or after shopping at a Farmer's Market? 76.0% yes, 23.9% no.
Are you in favor of a local Farmer's Market in Lafayette?
82.6% yes, 16.5% no.
Chamber members made some suggestions regarding "conditions of operation." Some recommended that parking arrangements be made with Safeway, or in the parking area at the new library. Others proposed that local businesses have a first-right-of-refusal on booth space. Some want to see adequate pay back to the town and local charities and want to make sure that the farmers clean up after themselves.

Chambers of Commerce:

- Lafayette**
- Business Issues Committee Meeting on Friday, July 24 at 8:00 a.m. in the Chamber Conference Room.
 - The Lafayette Chamber of Commerce supports the Safety Fair on Sat. Aug. 1 at Stanley Middle School from 10 a.m. to 2 p.m. (See page 2)
 - Rock the Plaza Concerts will start on Fridays - August 14, 21 & 28 at 6 p.m. on the Plaza Park.



Moraga:

- The July Chamber meeting will be held Friday, July 31st from 7:30 a.m. to 9:30 a.m. at the Fireside Room of the Hacienda. There will be a vote on the updated Bylaws by the membership. Mike Segrest, Moraga Town Manager, has been invited to be the guest speaker. He is hoping his schedule will clear, so he will be able to attend. Members are encouraged to check the new bylaws on the web site.

Orinda:

- Planning has started for the second Orinda Restaurant Tour. The Tour is a component of the Orinda Chamber of Commerce's "Shop Orinda Campaign." The event is scheduled this year for Tuesday, September 29, from 5:30 to 8:30 p.m. The fun will start at Theater Square and will include favorite local restaurants. The event benefits the Orinda Schools. Tickets should be purchased in advance for \$30.00 per person - with tickets at the door costing \$35.00. Purchase your ticket online at www.orindachamber.org/OrindaRestaurantTour2009.htm.

Steve Lambert, Landscape Architect Extraordinaire

By Sophie Braccini



Steve Lambert in front of his pond Photo provided

In an otherwise morose time for construction businesses, Steve Lambert, founder of Garden Lights Landscape & Pool Development, is seeing his activity growing and getting back to the steady stream he was enjoying before the recession. He believes that the series of five awards that he recently received from the East Bay Chapter of the California Landscape Contractors Association (CLCA) is a testimony to what makes his success: the quality of the training and of the work of his very long time employees.

The Lamberts have lived in Orinda for 15 years and are raising their young family. Steve was raised in Walnut Creek and got a degree from Cal Poly San Luis Obispo in landscape and design. His family roots go deep into the American soil. One of Steve's grandfathers owned a cotton plantation in Arkansas while the other was a truck farmer and a ranger. He lost his father at an early age and was raised by his mother, a school teacher, who was always growing "stuff" in a big garden. "I always love plants and horticulture," says Lambert, "when I finished Cal Poly I knew that some day I would have my own landscape company."

Lambert worked for two years at Seno Construction as a landscape architect, grew into the business and decided, 19 years ago, to become his own boss. "When I started I already had a few clients," he said, "the hardest part was to find good employees. Today, Flavio has been with me for 14 years and Jose for 10, we are becoming a family."

When he started, Lambert felt there was a need for someone specialized in quality lighting. "It is an art to do lighting," he says, "you want to select the focal points of a garden, like a rock, a brick wall or a tree and magnify it. Then you consider the safety and the pathways." Lambert says that he is determined not to add to the lighting pollution of the surroundings; lighting is an art of nuance, of luminosity and shadows, not of too much intensity. "People often overdo the path lights for example," he adds, "if you light a nice rock near a path that can be enough there."

But Lambert would not limit himself to lighting, "I need it all," he says, "I enjoy working with water features and I would be depressed if I wouldn't plant plants." For 14 years the company has had a pool license. "Sometimes a remodeling can be the most interesting and challenging job," he says. The work that got him the "Best of the Best" Judges Awards given by CLCA was a garden in Oakland. "That specific job was the creation of a blue tile pool with a vanishing edge," says Lambert, "it was fun creating the look of a waterfall using blue tiles on the 8-foot supporting wall and then planting the base of the wall with materials that appear to be underwater." It is the third time that his company has won this top award.

But not all properties can accommodate a pool. In his Orinda home Lambert has built a pond. "In my garden pond we have 14 Koi fish," he explains, "the way we built

them and take advantage of their gardens. "Customers are a little more conservative in what they are requesting," notices Lambert, "but there are still some pretty extravagant ones." To his surprise, Lambert said he was recently asked to install

2 outdoor TVs in the area. For more information on Garden Lights visit their website at www.gardenlightslandscape.com. For more information on the California Landscape Contractors Association visit, www.CLCA.org.

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Town Hall Kids Back on Stage at Beloved Theater

By Jean Follmer



Photo provided

After a devastating flood due to a ruptured fire safety sprinkler, which dumped 800 gallons of water into the upstairs theatre before flowing downstairs, soaking through the walls and floors last April, Lafayette's Town Hall Theatre experienced a temporary setback. The recently remodeled lobby was destroyed and the entire downstairs of

the theatre was flooded, while the hearts of the many actors, patrons and employees sunk at the news.

Some wondered if the treasured local theatre would close, but such thoughts were quickly cast aside and the show went on.

After a brief venture off-site, rehearsals and performances returned to the Town Hall Theatre and have con-

tinued throughout the reconstruction period. A recent performance of The Granny Awards under the direction of Emily Garcia attested to the theatre's staying power. The Granny Awards was performed by the Town Hall Kids Bravo Session 1 Group of actors, all children ages 7-11. Other Town Hall Kids performances scheduled this summer are:

- Bravo's The Best Little Theatre in Town directed by Dennis Markham – Aug. 1 at 2 and 4 p.m.
- Bravo's The Little Mermaid directed by Xanadu Bruggers – Aug. 22 at 4:30 and 6:30 p.m.
- Encore's (ages 11-14) Alice in Wonderland directed by Emily Garcia – Aug. 14 & 15 at 7 p.m.

Town Hall Theatre's Director of Education, Janice Peacock, expects the construction to come to a close shortly. "We're very close to being done. The target move back in date is July 24," she said. The office and lobby furniture and equipment were replaced through iReuse.com. "It's turning out to be even more beautiful than before."

For more information about upcoming performances, please visit www.thtc.org or call 283-1557.

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How Six Figure Income Families Get Thousands of Dollars in Free Money For College

Local man teaches free workshops to help parents save thousands in process

Moraga---East Bay parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a little easier. Gerna Benz of Bay Area College Planners has been educating families in the community for over 15 years.

'It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to,' he says. 'Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true even if they make a six-figure income.'

Gerna would know, because his group has worked with over 1400 families in the last 10 years ranging from single moms to corporate CEO's, and they say they can help anyone get through the process and save a bundle.... no matter how good of a student they have or how much money they make.

'I got started in this because I was a very good student, but no one told us anything about how to access money for college, or even how to pick a career...so I didn't go right away. But, I vowed that I would learn the process and devote my time to helping families not fall into the same trap that we did. 'Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works and save thousands of dollars in the process.' Lamorinda parents will have a couple

opportunities to hear Gerna speak. He is teaching his class 'How to Give Your Kid a 4-Year College Education Without Going Broke!' on Saturday July 25th at the Orinda community Center located at 26 Orinda Way, Orinda, CA 94563 from 12:00pm-1:15pm PM.

'We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it'll be like learning how to get a brand new Lexus for the price of a used pick up truck,' he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this coming January, and much, much more.

'They will learn a ton, and I do my best to make the class fun,' he says. 'It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly! 'Don't forget: the class is totally free, but seats are limited. Also, we are not sure when we will be teaching these classes in the East Bay again since my July and August calendar is already filling up, so come on out and see me.' You can reserve a seat online at www.baycollegeplanners.com or by calling our 24 hour reservation line at (877) 924-3726.

Bio-Tech Camp Gives Students Insight into Science Careers

By Jennifer Wake



Bio-Tech Science Summer Camp students (left to right): Karen Schussman, Sarah Tomas, Melinda Schneider, Samantha Chang, Ashley Wong and Valerie Su

While many Lamorinda teens spent the week after the 4th of July lounging by the pool or heading to the beach, 58 students from high schools throughout Contra Costa County sat in lecture halls and visited local scientific research facilities learning about topics including cloning, forensics, stem cells, and disease detection and control.

The 6th Annual Bio-Tech Summer Science Camp was made possible by a consortium of industry, high school and community college partners, including the Contra Costa County Office of Education, Contra Costa Community College District, CSUEB – Concord Campus, and the Contra Costa Economic Partnership. The camp was taught by industry leaders, scientists, and local high school science teachers to high school juniors and seniors exploring careers in biotechnology.

The camp gave students a real-world glimpse into sciences often glamorized on TV.

Campolindo student Melinda Schneider – one of 13 Lamorinda students who attended the camp – said the forensics lecturer (Senior Criminalist Carolyn Weigand from

the Department of Justice Richmond Lab's Missing Persons DNA Program) thought the TV show CSI, although not always completely accurate, was a good hook to get people interested in the science.

"The actual science is not like CSI," added Acalanes High School junior Samantha Chang. Lectures offered students a glimpse into the real-life world of forensics and crime scene investigation, explaining the intricacies of the sciences and how they are utilized in criminal investigations.

"The forensics lectures took the idea of CSI and made it seem really interesting," Campolindo student Ashley Wong said. "I didn't think it related to biotechnology, but it's definitely the science involving crime."

For Sarah Tomas, who also attends Campo, the first day's lecture about human cloning was the most interesting topic since it's something that could happen in the near future. When asked about the ongoing ethical debate regarding human cloning, Tomas said, "If it's used for medical purposes, I don't find anything wrong with it."

For others, like Schneider and

Acalanes student Adrian Chow-Danel, the stem cell lecture was the most intriguing. Science Associate Zachary Scheiner, Ph.D., of the California Institute for Regenerative Medicine, discussed how scientists remove embryonic stem cells, the therapies stem cells are used for, and explained current clinical trials.

"I always wanted to go into this field and today's lecture confirmed my goal," Schneider said.

Following the lectures, students were given questions as a way to review what they had just learned and to journal their experience. In addition to lectures, students were able to visit different research facilities in the local area, including the Joint Genome Institute, John Muir Health and the Mt. Diablo Adult Education Surgical Technician Program.

During the trip to the Mt. Diablo facility, technicians performed a mock surgery on a dummy patient. "We had a lot of hands-on work, and learned the importance of sterilization of masks, gowns and surgical instruments," said Miramonte student Valerie Su, who wants to pursue a career in the medical field.

The week-long camp ended with students debating different issues, including cloning and genetic screening for healthcare in women.

Karen Schussman, who attends Bentley and has always been interested in neuroscience, was assigned the genetic screening topic, and was debating the con side. "Looking forward, this could create discrimination issues," she said. "It might create a separate class system for us. If someone had less fortunate DNA, their healthcare costs could go way up. Also, to have everything out there would tend to identify theft and a lack of privacy."

As for the camp, Schussman said, "This was all new territory. I wasn't sure what to expect."

Family Focus Help Your Child Be a Good Listener

By Margie Ryerson, MFT

A good listener is not only popular everywhere, but after a while he gets to know something.

Wilson Mizner

US screenwriter (1876 - 1933)

Adults and parents can be good listeners, but not so much about the importance of teaching children good conversational listening skills. This isn't the same as encouraging them to listen more carefully to their teachers and parents, although that, too, is important. Rather, it means helping them learn how to be active listeners with their peers and others. Etiquette classes for children are increasingly popular, but more important than teaching which fork to use is learning how to politely and cooperatively converse with others.

We all appreciate those who show interest in us and listen carefully to what we say. These people usually show they are paying attention by making eye contact with us while we are talking, asking us follow-up questions, and/or commenting on what we communicated. We refer to this as active listening. Active listeners share the stage with us instead of trying to monopolize it.

When I conducted social skills groups for elementary and middle school students, it was always a challenge to train them to listen to each other. In the beginning of these groups, conversations would tend to go like this:

Child A: "I just got a new video game for my birthday!"

Child B: "Well, I got \$40 from my uncle for my last birthday."

Child C: "My birthday is next month and I want a new bike."

(Add two or three more children's responses to this mix. At this point I would want to chime in: "Well, I now have a headache from trying to get you to actually have a

conversation with each other.")

Listening well to others is a skill and often requires parental coaching and reinforcement to really take root. Young children, age four and under, are naturally egocentric. In this developmental phase, a child views himself as the center of his world and everything revolves around him. Children at this stage have the tough job of learning to share their toys, take turns, and follow directions.

By age five, children can begin to experience the world through the eyes of another person and to display empathy. They are ready to learn and practice good listening skills. The earlier you start, the easier it will be to establish this behavior. Here is one suggestion for helping your child develop into a good listener:

Sit with your child or together as a family, with no distractions. Ask your child a question which will evoke feelings, i.e., "How are you feeling about Daniel and his family moving away?" When he says, "I'm sad" or "I miss them," you can reflect back and say, "I understand. I bet it's hard for you. Are you going to be in touch with him?" Continue the conversation.

Then share with your child something that you're sad about (nothing involving him or anyone in the family), and ask him if he can say some words to help you. Thank him when he does and tell him his words helped you feel better.

Without making it too obvious what you are doing, practice this exercise over time using different emotions as a theme, including positive ones. Have him respond to your question while you listen. Then you can answer the same question while he listens to you. Some ideas could be a time he was proud of himself, what he did to help someone else, or

how he got over being scared of something – the dentist, the dark, or a roller-coaster ride.

Let your child know and practice how to respond in a caring way to what you or his siblings say. Be sure to reinforce this behavior by telling him how good it feels when he listens. Let him overhear you telling people what a good listener he is and how much you and others appreciate it. Catch him in the act as often as possible. Once the habit is established you only need to reinforce it occasionally.

You can also have fun with your child by making jokes about listening. For example, if you are talking and he is not responding, you can throw out some key words such as "party" or "dog" or the name of his favorite video game. Then, when he finally tunes in, you can tell him you were only teasing so he would pay attention.

Of course it helps if you can be a good listener yourself, so that you can serve as a model for your child. One of the many challenges of parenting is continually trying to improve ourselves so we can put our preaching into practice.



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. She can be reached at 925-376-9323 or margierye@yahoo.com

Uilkema Names New Summer Intern

Submitted by Stephen J. Dexter

Contra Costa County District 2 Supervisor Gayle B. Uilkema has named Annie Chung as her summer intern for 2009. She was selected through the Chinese American Political Association (CAPA), which places Asian-American high

school students in local, county, state, and federal level governmental offices. Chung – who will be a senior at Campolindo High School in Moraga this fall – is the daughter of Yiu Tak Chung and Hong Dai of Lafayette. She is the treasurer and

historian for the Leo Club at her school, an offshoot of the international volunteer organization, the Lions Club, and is also a student shift leader at Kaiser Permanente Hospital, where she volunteers every Wednesday.

Lamorinda Schools

Students Study Ecological Impacts in OA Summer Class

By Jennifer Wake

Future Orinda Academy (OA) junior Annika Hagelin has always been interested in environmental issues. When she signed up for OA's Ecology of the San Francisco Bay Area summer class, she liked that it would get her outdoors. She got out, all right, and then some.

Since beginning the course on June 22, Hagelin and other students in the summer ecology course have gone to Pt. Reyes, Fitzgerald Marine Reserve, Mt. Diablo, The Marine Mammal Center, Muir Woods, as well as Alameda and Fremont to the Bay.

Course instructor Vicky Guarracino – who taught environmental science, earth science and middle

school math at OA for seven years – chose these locals because they were so vastly different from each other.

"We went to Pt. Reyes to not only talk about the ever changing geology of our area by experiencing walking on the San Andreas fault, but to also talk about how these changes have influenced the soil, the plants and the animals that call Pt. Reyes home," she said. "We went tide pooling in Fitzgerald Marine Reserve to do a species account of the area. We created one meter by one meter plots and took an account of all the species in that plot. We wanted to check the levels of biodiversity."

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Guarracino hoped to impart to students that humans are a part of the ecosystem, not merely living in it. "We play a part in not only the productivity but the ever present destruction of our ecosystem," she said.

Hagelin enjoyed learning about plant life along the Oakland Estuary in Alameda, and was surprised when she saw the San Andreas Fault Zone up close. "You could see so dramatically where the land has moved," she said. "It's al-

ways interesting to know more about what is being done and what needs to be done to protect these areas."

For Guarracino, it's important for us all to know our role and understand what surrounds us, so our impact is less severe. "If we understand and make connections to our surroundings, we will be less likely to destroy it, and find ways to conserve it."

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Science in the Kitchen ~ Easy Experiments for Kids

By Jonathan Winter



Brothers Jefferson and Jonathan Wake create CO2 using vinegar and baking soda
 Photo Jennifer Wake

Many people know that mixing baking soda and vinegar creates a reaction. This is a very popular experiment in schools because these ingredients are pretty safe to work with. But did you know there's more going on in this experiment than just fizz and bubbles? Here is a two-step experiment that helps you notice more.

1. Gather these supplies:

- Vinegar
- Baking soda
- Measuring spoons and measuring cup
- A thermometer (helpful but not essential)
- A resealable plastic bag (sandwich size or larger)
- A candle and something to light it with

2. Start your experiment: Step 1

Pour one ounce (1/8 cup) vinegar into the bag. (Be careful not to splash it in your eyes or it will sting and you'll need to rinse them with water!) Tip the bag so the liquid is in the corner and set the thermometer in. Wait a moment and then read the temperature. Pour in one teaspoon of baking soda and quickly seal the bag. You can leave the thermometer in the bag if it will fit. Is the bag inflating? You can let some gas out if it looks like the bag might pop. Check the temperature again.

3. What happened?

The mixture of baking soda and vinegar actually created two chemical reactions. The first was the creation of carbonic acid as the two ingredients were mixed. Then this weak liquid acid turned immediately into a gas. As the gas formed, it used up heat around it and the liquid cooled down (an endothermic reaction). Even without a thermometer you can probably feel that the bag is colder. You just created a cold pack!

4. Continue your experiment: Step 2

With adult help, light the candle. Carefully open the bag and gently pour the invisible gas over the candle flame. Be careful not to actually pour the liquid on the flame. It may feel silly, like you are pretending to pour something out, since you can't see it, but the gas in the bag is heavier than the surrounding air and you can pour it even if you can't see it.

5. What happened?

The gas you just made is carbon dioxide, or CO2, the same ingredient that is used in fire extinguishers. CO2 stops oxygen from getting to the candle flame. Since fire needs oxygen to burn, the candle goes out. You just created a fire extinguisher!

Jonathan Winter has been a science teacher at Lafayette Elementary School in Lafayette since 2001. He lives in Moraga with his wife, children, numerous pets – and he experiments frequently in his kitchen.

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Lafayette Resident Plays Tiger Lily



Lafayette resident Krista Marie Yu (pictured center) returned from her second year at Carnegie Mellon University School of Drama to perform as Tiger Lily in "Peter Pan" from July 10-19 as part of the Woodminster Summer Musicals at Woodminster Amphitheater in the Oakland Hills. Yu was excited to be back at Woodminster

to play her childhood dream role, and said she had a "wonderful time in Never Never Land with such a fun-loving cast." Future performances at Woodminster Amphitheater include "Singin' In The Rain" (Aug. 7-16) and "Brigadoon" (Sept. 4-13). For more info, visit <http://www.woodminster.com/>. Photo submitted by Kathy Kahn

Orinda Idol Finalists Bring Music to Market



After School Drama Club Presents "Wizard of Oz"



The Moraga group After School Drama Club will perform in "The Wizard of Oz" on July 24 at the Hacienda de las

Flores at 7 p.m. Pictured are Rachel Jackson (Lion), Marissa Monopoli (Scarecrow), Andrea Lucacher (Dorothy) and Saman-

thya Myatt (Tinman). For more information and reservations: www.afterschooldramaclub.com. Photo Sophie Braccini

Photo Jennifer Wake

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For a camp packet, call the GGBC at (510) 887-4311 or view web site www.ggbc.org

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Members of the Cal Shakes Camp celebrate at the cast party following their production of *Henry the IV, Part I*.

Photo A. Firth.

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Art



Debby Koonce (right) displays at Saturday Artist Market

The last Saturday Artists' Market of the summer will be on Sat., August 8th from 11am-4pm at The Lafayette Gallery, 50 Lafayette Circle, Lafayette, California. The parking lot of the Lafayette Gallery is transformed into an inviting outdoor market place with artists displaying and demonstrating their art.

The Moraga Art Gallery presents a new group show "Transparent Emotion" featuring the work of Monet Foster and introducing new members through Au-

gust 15th. Moraga Art Gallery, 570 Center St, Rheem Valley Shopping Center- next to Longs Drugs. Open Tuesday through Sunday, 12-5 pm. (925) 376-5407. www.moragaartgallery.com.

"Feathers, Fur and Fins," at the Lafayette Gallery, honors the creatures large and small that enrich our lives. The show is open through August 15th. As a special feature during the show, the community is invited to bring in pet photos and related quips to be posted on the gallery's bulletin board. During the exhibition, a portion of the gallery sales will be donated to the Animal Rescue Foundation. Gallery Hours are Tuesday to Saturday, 11am to 5pm- 50 Lafayette Circle in downtown Lafayette.

Bedford Gallery's exhibition Full Deck presents an anthology of skate art from the 1960's to the present and will run through September 13. Over 300 decks borrowed from artists, skaters, and makers from across the country, will be on display. EVENT: Bg Skate Day, Satur-

Not to be missed

day, August 15, 1-4pm. Art activities in the gallery 1:00-3:00pm; Pro skate demo 3:00-4:00pm. Free admission. Telephone: (925) 295-1417. Website: www.bedfordgallery.org Admission: General \$5; Youth (17 and under) \$3; Children 12 and under, free; Tuesdays free.

Local Photographer Keith Modenbach will be exhibiting his original photography during the month of July at Fastframe of Lafayette. Keith shoots using film -- not digital -- and develops his own silver gelatin fiber prints. He considers photography his joy, searching for beauty and harmony in everyday life. Fastframe is located at 3571 Mt. Diablo Blvd., next to Postino's. Call owner Anthony Ruiz at 283-7620 for more information. Also check out Keith's website at kmfineartphotography.com.

Award-winning watercolor artist George Ehrenhaft will display 30 paintings at the Orinda Library Gallery during the month of August. Based on a theme he calls "The Near and the Far," the selection of landscape paintings includes several close-to-home sites such as Lafayette Reservoir, Moraga Ranch, Tilden Regional Park, and Mount Diablo, among others. Subjects far afield include the River Li (China), Kathmandu (Nepal) and cities in Italy (Florence, Venice, and Lucca). Ehrenhaft, a resident of Moraga, prefers to paint plein-air rather than from photos in order to convey the shapes, colors, and mood he finds at a particular time and place. The exhibition runs from August 1st to 31st and is sponsored by the Orinda Arts Council.

Music

Orinda Concerts-in-the-Park - Tuesdays, 6:30 to 8:30 p.m. at the Orinda Community Center Park. Bring a picnic and enjoy the free music! July 28th, Pladdogh (Celtic Rock & Folk.)

Summer concert series - join your neighbors on Thursday evenings at the Moraga Commons Park for a relaxing free concert in the park. Bring your picnic blanket or lawn chairs to the grassy hillside in front of the band shell. Enjoy the music while your children enjoy the park. The volunteers of the Moraga Park and Recreation Foundation will even cook dinner for you with the Snack Bar opening at 6:00 pm. Concerts start at 6:30 pm and end at 8:30 pm. July 23, Culann's Hounds - Celtic Rock. July 30, Mixed Nuts - a local band playing R&R. August 6, Motor Dude Zydeco - Cajun.

Concert, Friday July 24, 1:30 - 2:30 PM. Join us again for a special Friday afternoon

concert featuring accomplished musicians baritone Bob Steiner and pianist Martha Wasley. To sign up, call Lafayette Senior Services at 284-5050. LCC, 500 Saint Mary's Rd, Lafayette. \$3 Members/\$5 Non-Members.

Friday, August 7th The Lafayette Summer Music Workshop will be hosting non-stop music being performed from 3:30pm - 9:00pm at Stanley Middle School. The annual jazz camp sponsored by Generations in Jazz features bands made up of this year's attendees. For more information visit www.lafayettechamber.org or call (925)284-7404.

Golden Gate Boy's Choir Parents Day Concert, 2:00 p.m. on August 8. All are welcome. Prospective new choir boys and families also welcome. Youth Retreat Center, 1977 Reliez Valley Road, Lafayette. For information, please call GGBC at (510) 887-4311 or view web page www.ggbc.org.

Orinda Theatre Square 2009 Summer Music Series, Every other Thursday night 4-7pm. 7/9 SUREFIRE featuring, Bob Athayde and Friends, 7/23 MICHAEL ROBINSON BAND, 8/6 747 EXPRESS, featuring Ed McClary and Michael Hatfield. www.orindatheatre.org.

Muir Heritage Land Trust's Birthday Benefit Concert Bash with Janet Pospelos Archibald and Musicians of the San Francisco Opera. "Music Inspired by Nature", Sunday, July 26, 4:00-5:30pm at the Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Join us for a beautiful afternoon of music and refreshments on Muir Heritage Land Trust's 20-year anniversary of incorporation (July 26, 1989). Everyone is welcome! Birthday cake will be served. Suggested contribution \$25 at the door. Visit www.muirheritagelandtrust.org or call (925)-228-5460 for more information.

Jazz in July, Sunday, July 26, 10:00am in the Fellowship Hall Featuring the Joyful Noise Jazz Band. Enjoy the music of Dixieland jazz, sing some old favorites and join in a hot dog picnic lunch following the service. Hot dogs, chips, dessert and beverages will be provided. Lafayette United Methodist Church, 955 Moraga Road.

Theatre

"Maids & Matrons", a new comedy by Kathryn G. McCarty will open at Leshar Arts Center August 19th. "Kathy's plays use comedy to explore sensitive political and social issues," said Director Clay David. "It's a screwball

Not to be missed

comedy, slapstick at times, about a dysfunctional family's preparation for the biggest wedding of the season. From start to finish, it's a catastrophe, but the family pull together to get past all obstacles. August 19 - 21, Wednesday, Thursday, Friday, Saturday at 8:15, Sunday at 2:15. Leshar Center for the Arts, Walnut Creek. For Tickets call: (925) 943-SHOW. website: Galateanplayers.com.

"Wizard of Oz" at the Hacienda de las Flores. The After School Drama Club's Summer Drama Camp's young performers get ready to skip down the yellow brick road for their annual outside production. This year, the group proudly presents The Wizard of Oz on July 24 at 7 PM at the Hacienda de las Flores (2100 Donald Dr. Moraga). Gates open at 5:30 PM for picnics. A group of 24 Moraga youths will be performing in this year's Summer Drama Camp. The cast members, ages 7 - 14, are spending 3 weeks learning the ins and outs to producing a musical by theatre professionals. Advanced tickets are \$7 and can be purchased by calling (925) 300-8337 or www.afterschooldramaclub.com. (see also page 13)

Woodminster Summer Musicals presents "Singin' In the Rain" as the second show of their 43rd season in Joaquin Miller Park. A cast of over 40 tapdancers up a storm. Performed under the stars in historic Woodminster Amphitheater in beautiful Joaquin Miller Park (3300 Joaquin Miller Road, Oakland) on August 7, 8, 9, 13, 14, 15, and 16 at 8 p.m. Single tickets are \$25-\$40, with discounts for seniors and children. Woodminster also offers several special ticket opportunities including season tickets, half price for groups, and Kids Come Free. Tickets are available through www.woodminster.com, or by calling (510) 531-9597, or through Ticketweb.com.

Orinda Starlight Village Players' second production this summer is "Cyrano de Bergerac" the classic story of a man who believes his oversized nose makes him unworthy of love, especially Roxanne's. The show runs through August 15th. Call (925)253-1101 or email info@orsvp.org. The theater is located in the Orinda Community Center Park, 26 Orinda Way. See article page 5.

Literature & Lectures

Come experience storytelling with the Contra Costa Tale Spinners keeping the oral storytelling tradition alive! The swap meets Thursday July 23 at the Orinda Library, 26 Orinda Way in the Gallery

Room from 7:00 - 9:00 PM. The Antic Witties Improv Troop will present spontaneous participatory storytelling, a wonderfully witty, world of words. As always, we welcome listeners and provide 70 minutes of open mike for all who wish to share a story, be it funny or sad, true or not. Contact Sally at (925) 372-7036 or Bobbie at (510) 655-5608.



Tale Spinners provided

Health Medicine Forum (HMF) hosts "An Evening with the Author, Len Saputo, MD" at the Leshar Center for the Arts in Walnut Creek on Monday, July 27, from 7:15 to 10:00 pm. Book signing and network opportunity from 6:45-7:15 pm. Len Saputo, MD will discuss his new book A Return To Healing - Radical Healthcare Reform and the Future of Medicine. His vision for progressive change is inspired not only by experience but by a deep awareness that we must build community in a meaningful way if we are to heal what is broken around us. Join us for an evening of hard truths, positive solutions and fresh perspectives. Tickets may be purchased through www.lesharartscenter.org. Box Office Phone Number: (925) 943-7469. Free book with ticket purchase. Advance tickets: \$25. This event offers Continuing Education Units for RNs.

Orinda Books Poetry Reading, Saturday, August 8 at 3:00pm, Cheryl Dumesnil will read from her new poetry collection, "In Praise of Falling." 276 Village Square, Orinda (925) 254-7606. orindabooks@thegrid.net. www.orindabooks.com.

Kids

Moraga Library-Kids activities: Tuesdays, July 28-4 p.m. For children 4 to 7. Stories and crafts; Wednesdays, July 22, 29-10 a.m. Ages 8 mos. to 24 mos. Stories, songs; Wednesdays, July, 22, 29-10:45 a.m. Ages 2 to 3-1/2 with

Advertisement for Rheem Theater. Includes logo, address (350 Park Street, Moraga), phone (988-3411), and lists upcoming shows like 'ORPHAN' and 'G-FORCE'.

WWW.LAMORINDASERVICE DIRECTORY.

Advertisement for Polite Dogs Are More Lovable, featuring Denise Collins Training Coach and contact information.

Advertisement for LEARN SPANISH with Christina, an experienced tutor who helps children improve grades.

Advertisement for MYLES HAULING, offering prompt and courteous service for construction and brush removal.

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Advertisement for Make Your Deck Look New, offering deck refinishing and construction services.

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Table with pricing information for services offered on www.lamorindaservice.com. Columns include service types (Blk&white, One color, Full color) and various pricing options (1x, 6x, 12x, 26x).

Not to be missed

adult participation; Moraga Library, 1500 Saint Marys Rd, (925) 376-6852.

Wee Wednesday Summer Classes- (10:00am-10:50am) Each Wednesday brings a different topic to discover with your preschooler or toddler. Wee Wednesday classes are a combination of instructor-led lessons and self-guided, hands-on experimentation and exploration. Parents must attend the entire class with their children. \$12 for first child / \$10 each additional child. Members: \$6 for first child / \$5 each additional child. Call the Box Office at (510) 336-7373 to register. Chabot Space & Science Center, 10000 Skyline Blvd, just off Highway 13 in the Oakland hills. For more information, visit www.chabot-space.org.

Safety Fair & Bicycle Rodeo, Sat August 1st, 10 am to 2 pm at Stanley School, 3455 School Street in Lafayette. Proudly Presented by: The Lafayette Police Department, The Lafayette Emergency Preparedness Commission and The Lafayette Crime Prevention Commission. Free Kids DNA Kits, Emergency Vehicles, Bicycle Safety Course & Bicycle Inspection. See article page 2.

Other

The 40th Reunion for the Campolindo High School Class of 1969 will be held at Terzetto Cuisine 6pm-11pm, September 19, 2009. The cost is \$35 p/p and reservations are needed by September 1. Contact Rhonda at (925) 253-9043 or rlpd51@aol.com for more information.

Summer Wine Festival - Sunday, August 16, 2 p.m. to 5 p.m. 21 and over please. Saint Mary's College of California invites the public to an afternoon of socializing, a silent auction and wine tasting from more than two dozen California wineries at the College's 5th Annual Summer Wine Festival. Enjoy an affordable afternoon of fun, delicious appetizers and micro brews from area breweries, while supporting the College's scholarship fund. Where: Saint Mary's College of California, Soda Activity Center, 1928 St. Mary's Road, Moraga. Cost: Tickets: \$25 until July 31, \$30 after. For more information call (925) 631-4200 or visit stmarys-ca.edu/wine/. Free on campus parking is available.

Please join the many citizens who are involved and support EFO, as we honor education with our "PEARLS of WISDOM" Benefit Celebration on Sat, August 29th, 5:30 pm at the Orinda Country Club's Poolside Venue. The Foundation

welcomes attendance from the community the last Saturday in August. No-host cocktails, buffet dinner, a couple of games and dancing to the 13 piece Bob Claire Orchestra will make for one hot August night! Enjoy an evening amongst friends, who make a difference for our children, and perhaps come away from the event with some new ones. \$55 per person, for information or online ticket purchase: www.orindaefo.org.

National Championship, Lamorinda Petanque Field, 480 Saint Marys' Rd, Lafayette, Saturday and Sunday July 25th & 26th. Registration 8:00-8:30 am, competition begins 9:00 am. For more information see www.Lamorindapetanque.com or call 925-283-2682. See article page 7.

Moraga Community Pear Picking on Sat, August 1 and 2, 9 a.m. to 3 p.m. at the Orchard next to J.M. School - corner of Canyon Road & Camino Pablo. These trees are part of Moraga's history - planted in abundance in the 1920's and 1930's. In fact, the Moraga Ranch Company had 38 orchards in pears, and "conducted the largest pear production operation under one management in the world" (from Moraga's Pride). Come to help pick the pears from these remaining Moraga trees. The fruit will be donated to the Solano/Contra Costa County Food Bank. If you fill a box, you can take some pears home with you! Wear protective clothing, i.e. long sleeves, sturdy footwear - ground is very uneven. Bring fruit pickers, if you have one and a bag for taking some pears home.

Orinda resident Rachael Frank is interviewing families interested in participating in a cultural exchange by hosting an international high school student for the coming academic year. Program for Academic Exchange (PAX) is a non-profit foundation; their students are between 15 and 18, speak English, have full insurance coverage and spending money. PAX families are asked to provide students with meals, a place to sleep/study, and a warm supportive environment. Private rooms are not required and single parents, young couples and retirees are welcome to apply. For information call Rachael Frank at (925) 285-0449, or (925) 254-1876, or email her at rachaelfrank@gmail.com.

Fall sessions of Tai Chi through the Moraga Parks and Recreation Dept-Registration will begin during the first week in August. Call (925) 888-7045 or go to: www.moraga.ca.us.

The Lafayette American Legion Open House & Breakfast will be held Saturday, July 25 at the Lafayette Veterans Memorial Building, 3780 Mt. Diablo Blvd. Breakfast will be served from 8:00am - 11:00am and includes pancakes, eggs, sausages, coffee and orange juice for \$5.00/per person. Everyone is welcome and proceeds go the Boys' & Girls' State Oratorical Contest and the Palo Alto Veterans' Polytrauma Center.

It's a Luau!! Join Beachcomber Singles

for a Fundraiser for Juvenile Hall Kids. Saturday, August 22 in Hercules in the afternoon through to the night. Authentic Polynesian food including a Kaluha Pig and over 30 authentic Polynesian dancers. Many door prizes to win, drawing starting at 7:30 p.m. Music for dancing by "Now Playing" from 8 p.m. to 10 p.m. Reservations are \$30; call Jerry at (510) 799-2207 EARLY for a space. Bring your favorite beverage and a gift for the girls suitable for ages 10 to 18. Dress Hawaiian and bring your swim suit.

The Lafayette Library will host its first ever Chess Tournament! On Saturday, July 25, join players of all ages and abilities in a non-rated test of skills. The tournament starts at 10am and will last until the winners in each level are determined. Then be sure to stick around to play more games, meet new friends, and learn new strategies. Call (925) 283-3872 for more information. And don't forget, the Lafayette Library Chess Club meets from 4 pm to 5 pm every third Saturday of the month. That means you can stop in on July 18 to play some games, learn more about the tournament, and get signed up! Lafayette Library, 952 Moraga Road.

On Saturday, September 19th from 10am-2pm the town of Orinda will host the 5th Annual Classic Car Show. This free event, presented by Orinda Motors, continues to benefit the Seniors Around Town transportation service. In addition to American and European classic and modern exotic cars, this year's event will feature special exhibits of classic and custom motorcycles as well as vintage race cars. If you are interested in entering a car or motorcycle, please email Chip Herman: ChipHerman@hotmail.com. The car entry fee is \$50 for cars and \$35 for motorcycles. Entry fees are a tax-deductible donation. The Show will be held in Orinda Village at Orinda Motors, located at 63 Orinda Way.

Working the Night Shift: Bat Monitoring on Thursday, July 30, 7-10pm (East Bay Regional Park District) Leader: Naturalist "Outdoor Ed" 510-544-2768, ewillis@ebparks.org. MP #42 Black Diamond Mines Regional Preserve - Somersville Townsite, end of Somersville Rd., south of Antioch from Highway 4. We'll hike up a chaparral-clothed canyon at dusk to see which flying furry friends live in the Hazel-Atlas Mine; quietly, we'll count and record their numbers using detection equipment. Registration Required: 1-888-EBPARKS option 2, 3; course #22001 (7/30); course #22002 (8/20)

Political Gatherings

Sen. Mark DeSaulnier's staff will be at the Orinda Farmer's Market, off of Railroad and Prospect, on August 1, 2009 from 9 a.m. to 1 p.m. to answer questions about state services and provide informational materials. For more information, please call (925) 942-6082.

Please submit

events to:
calendar@lamorindaweekly.com

Lafayette Hosts National Pétanque Tournament

... continued from page 7

Usually such a tournament would attract players from all over the country, but with the recession Albright believes that the players from Florida and New York might stay home. She awaits some champion players from Portland and Palm Springs, as well as the greater Bay Area.

The FPUSA national mixed doubles teams will compete on Saturday the 25th, and men's and women's teams of two players will compete on the 26th. "The competition starts at 9 a.m.," explains Albright, "I encourage the public to come in the afternoon to see the fiercest competition." She anticipates the day to end around 5 p.m. "We will have players that compete at the international level," said Albright, "the afternoon will be an exhibition of great pétanque."

The Lafayette Pétanque Field was designed by pétanque player and landscape architect Greg Arthur along Saint Mary's Road, just south of the Community Center, with the support of the Lafayette Parks and Recreation Department. It has the reputation on the US circuit as one of the most beautiful fields, as close to a natural setting as can be. "The July weekend will be an opportunity for the public to see world class pétanque," says Albright, "the rest of the year, we encourage people to come anytime we are here and we can show them how to start having fun with the game."

Lamorinda Petanque Club members gather every Wednesday and Friday evening starting at 6:30 p.m. and on Sunday afternoons, starting around 1 p.m. until dark (this schedule may vary - please call the contacts referenced below to confirm). Many bring a picnic lunch and enjoy the friendly atmosphere around the tables under the trees as much as on the sand, playing more or less competitively, depending on their style.

Pétanque being a French game, the French Consul in San Francisco was invited to come to the competition. Pierre-François Mourier will unfortunately be on vacation in France at the time of the tournament, but Jacques de Noray, Vice Consul in charge of press and communication, has promised he will be there to support the Lamorindans.

For more information and to confirm the regular game schedule, call either Mary Albright at 283-2682 or Brian Murphy at 689-0293. Also check out www.lamorindapetanque.com.

SmART Summer at the Hearst



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Sun., July 26, 2 pm panel discussion with art historian, gallery owner, artist and collector, moderated by curator Art Hazelwood. Reception following.

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Lamorinda Weekly is an independent publication, produced by and for the residents of Lafayette, Moraga, and Orinda, CA

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We're a community newspaper, and we welcome your input:

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Business news or business press releases: business@lamorindaweekly.com

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General interest stories: storydesk@lamorindaweekly.com

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In the Back Yard

Digging Deep-Gardening with Cynthia Special Edition: SMART SUMMER SOLUTIONS

"Gardening is an exercise in optimism. Sometimes it is the triumph of hope over experience." Marina Schinz
By Cynthia Brian



gladiolus Photo Cynthia Brian

Beautiful surroundings add pleasure to life. Gardens add the glory of sounds, sights, and fragrances, satisfying and therapeutic. For me, gardening brings deep joy, soulful reflection, and the opportunity to get up close and personal with nature. I truly love digging in the dirt to share my adventures, observations, recipes, and sheer delight with you.

After every Digging Deep column is published, a few avid readers take the time to drop me a note, leave a message, or send an email. I always respond as quickly as possible as I am grateful for the comments and also welcome the questions. For this special summer edition of Digging Deep, my esteemed editor has requested that we share a selection of the questions and answers. My virtual door is always open, so feel free to submit a query or share your smart solutions.

Question: In an effort to eat fresh and be green, I want to grow a vegetable garden, but I don't know what to plant since I've never done it before. Can you give me some pointers, please?

Answer: What do you like to eat? Always plant what you love and

you can't go wrong. Since it's summer now, this is the time to consider what you'll want to eat in the late fall and early winter. Although every area has its own mini micro-climate, generally speaking, Lamorinda boasts Mediterranean weather offering us a great selection of vegetables, herbs, and legumes. Here are a few of my favorite treats that you may begin sowing within the next few weeks. Seeds will sprout quickly for most varieties of lettuces, Asian greens, spinach, arugula, Swiss chard, kale, cress, sorrel, and chicory. In addition, as long as we don't get an early frost that dips below 30 degrees, add beets, radishes, and Chinese cabbage to your garden.

In addition, I plant potatoes all year long and am always checking out our local nurseries to see what's in stock. If it's in the store, it usually means that it is the right time to plant it. What you'll find ripe and ready right now in gardens are plums, prunes, apricots, peaches, blackberries, and loquats in addition to all the nutritious and delicious summer vegetables such as heirloom tomatoes, peppers, beans, and cucumbers. Happy, healthy fresh eating to you!



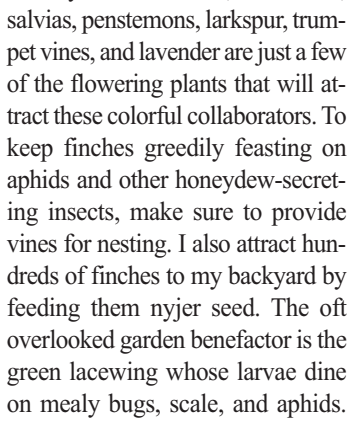
fresh plums in their "bloom"

Question: I want to bring more beneficial insects to my garden, but what and how?

Answer: Bees, ladybugs, hummingbirds, finches, and green lacewings may be the hardest working gardeners in our yards. They'll be our unpaid helpers as long as we provide a friendly environment for them. Unfortunately during the years 2006-2008, one-third of all honeybees in the United States (and much of Europe and Canada) vanished. Thriving hives were suddenly empty as if the bees flew away and never returned. The condition earned the name Colony Collapse Disorder. There are over 4000 species of bees and with increased healthy habitat, we can help these pollinators thrive. The bumblebee and the honeybee enjoy lavender, sunflowers, red apple plant, cosmos, and mint.

Ladybugs feast on aphids so encourage them to your garden by planting fennel, cosmos, and roses. Besides feeding on nectar, hummingbirds can devour whiteflies midflight. They are attracted to brightly colored flowers, especially the color red, and most tubular plants that contain the delicious nectar they crave. Fuchsia, columbine, salvia, penstemons, larkspur, trumpet vines, and lavender are just a few of the flowering plants that will attract these colorful collaborators. To keep finches greedily feasting on aphids and other honeydew-secreting insects, make sure to provide vines for nesting. I also attract hundreds of finches to my backyard by feeding them nyjer seed. The oft overlooked garden benefactor is the green lacewing whose larvae dine on mealy bugs, scale, and aphids. Attract the adults by planting alyssum and coreopsis. With these gentle warriors on the front line, your garden will prosper as long as you avoid pesticides and herbicides, the killing fields of our pollinators

Question: I planted my roses but I read somewhere that roses should be planted in cages to prevent gophers from eating the roots and killing the plant. Should I dig them up and put them in a cage?



fresh gopher mounds

Answer: Gophers! I detest those pesky invaders who easily devastate a beautiful landscape in a matter of days. Years ago I was cast as a lead character in the now classic movie, Caddy Shack starring Chevy

and protectors.
Question: You've written about the fruit on your mulberry trees. I've only heard of fruitless mulberries. Can you tell us more?



mulberry tree Photos Cynthia Brian

Answer: Do you remember the riddle "All around the mulberry bush, the monkey chased the weasel. The monkey thought it was all in fun. Pop goes the weasel." Growing up my grandmother had a monkey and on our farm we had plenty of wicked weasels. We also had a wonderful mulberry bush that bore delicious fruit. My brothers and sisters and I played in that tree almost every day, never failing to sing that ditty. My mom gave me a volunteer seedling from my childhood tree and today it's a beautiful specimen bearing delectable reddish purple berries that the birds, deer, and I scramble to consume.

I grow two types of mulberry trees. Both are deciduous. The red/purple mulberry is tall and graceful and hails from the East coast and is actually called a Red Mulberry. The other bears greenish white delicately flavored fruit and is aptly named a White Mulberry. A native of eastern China, it was originally introduced into the Americas for the cultivation of silk worms. Of course it naturalized and hybridized with the native Red Mulberry. Both varieties are tolerant of poor soil and drought. There is also a Black Mulberry, which is more bush like in form.

The berries resemble a blackberry, although they are sweeter without the acidic aftertaste and most importantly, no thorns to tackle when picking. Nevertheless, it is so time consuming to pluck the fragile fruit that I prefer to just stand under the tree with all my furred and feathered friends munching. The red berry juice stains hands, clothes, and patios, so it would be better to plant a fruitless variety in a small backyard, although the fruit are really a special treat. When my children were little, we fed the leaves to the silk worms and in fact, the worms metamorphosed to our great delight one year when my son was on the TV show, Romper Room.

Question: I planted my roses but I read somewhere that roses should be planted in cages to prevent gophers from eating the roots and killing the plant. Should I dig them up and put them in a cage?



fresh gopher mounds

Answer: Gophers! I detest those pesky invaders who easily devastate a beautiful landscape in a matter of days. Years ago I was cast as a lead character in the now classic movie, Caddy Shack starring Chevy

Chase. I turned down the role because it required nudity, although we laugh today because the only thing anyone remembers about that film are the gophers! But I digress.

If your roses are established, I wouldn't suggest digging them up as you may cause more damage than good. As far as surrounding your plants with wire cages, it depends how big your garden is and how many cages you'll need. If you are installing raised beds, make sure to line the beds with hardware cloth, a very heavy wire mesh, at least 24 inches below the soil line to keep gophers out. Gophers have attacked my lawn, wreaking havoc for over three weeks now. Just when I think I've terminated the terrors, another mound appears. If you find a sure-fire way to deter these diggers, please email me immediately! Maybe there's a remake of Caddy Shack that is looking to cast a few good gophers.

Question: I grew up on a farm just like you did, but I never learned all about gardening and farming. Maybe it's because my brothers were expected to know and do everything. Did you actually have to work the farm?

Answer: According to rural myths, farmers are supposed to only sire boys because boys help out with all the chores. My parents anticipated a male first child and had chosen a masculine name. Of course, I surprised them. After my mom gave birth to three baby girls in three years, my dad decided he no longer would listen to the other farmer's mocking regarding his growing flock of females. After enduring plenty of jokes about having daughters, my dad announced that his girls would be able to do anything a boy could do and he was going to make sure of it. He did and we did. From branding cattle, to driving tractor, plowing fields, cutting down trees, pulling barbed wire, fixing broken pipes, planting, harvesting, and delivering the grapes and walnuts, we performed all the tasks with alacrity and enjoyment. My parents finally were blessed with two magnificent sons, but not before we girls were running the ranch. A disciplined childhood combined with achievable expectations provided me with a strong work ethic and a deep respect for the land and the world we live in. Thank goodness mom and dad didn't have boys first.

My best recommendation for all parents is to get their children into the garden as young as possible and let them explore, make mistakes, be curious, ask questions, dig holes, chase lizards, and get dirty. Life is experienced through nature. We learn responsibility, patience, durability, flexibility, fearlessness, the cycles of living and dying, and especially the satisfaction of achievement. I am proud to be a farmer's daughter.

*Nature teaches beasts to know their friends. William Shakespeare

Thank you so much for your comments. Sending you a spectacular summer filled with the yummy fresh fruits, vegetables, and herbs grown in the sunshine of your garden.

Happy Gardening to You!
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Mixed Berry Pie



Berry pie with crumb topping Photo Susie Iventosch

INGREDIENTS

1 pie crust (see recipe below)
 1 recipe crumb topping (see recipe below)
 8-10 cups fruit (I use a combination of blackberries, blueberries and raspberries, but you can use just one, if you prefer ... I don't use strawberries in this recipe).
 3/4 cup brown sugar
 1/2 -2/3 cup flour (depending upon how juicy the fruit appears to be; use a little more if fruit is extra-juicy)
 1 teaspoon cinnamon
 1/2 teaspoon cardamom
 1/4 teaspoon nutmeg
 Juice of one-half lemon

DIRECTIONS

Place washed berries in a large bowl. Mix all dries and gently toss with berries. Sprinkle with lemon juice and toss again. Dump into a prepared, unbaked 10-inch pie shell and pat crumb topping on top. Bake in 400-degree oven for 45 minutes, or until crust is golden brown and crumb topping is crunchy. Serve with a dollop of whipped cream, vanilla ice cream or frozen yogurt.

Crumb Topping

6 tablespoons butter, cut into small pieces
 1 cup flour
 1/2 cup brown sugar
 1/4 cup white sugar
 1 teaspoon cinnamon
 1/4 teaspoon nutmeg
 1/4 teaspoon cardamom
 In a medium bowl, mix all dries. With finger tips, or pastry cutter, cut butter into dries until crumbly and well integrated. Pat on top of fruit in unbaked pie shell.

Pie Crust Recipe

2 cups flour
 1/2 teaspoon salt
 1 1/2 sticks unsalted butter, cut into small cubes

2 teaspoons cider vinegar
 1/2 cup ice water
 Mix flour and salt in a large bowl. With a pastry cutter, or fingers, crumble butter into flour until well integrated. Sprinkle cider vinegar over mixture and stir in well with a fork. Add ice-cold water, a little at a time and blend with fork until dough is moist enough to roll into a ball, but not too wet. Roll into one large ball for the pie crust and a smaller ball to use for patching your crust, or cinnamon roll ups for snacking!

Peach Cobbler



Peach cobbler Photo Susie Iventosch

INGREDIENTS

1/2 stick unsalted butter, melted
 1 cup granulated sugar
 1 cup all-purpose flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1 cup milk
 2 teaspoons vanilla
 4-6 ripe peaches, skinned, pitted and cut into 6-8 wedges
 1/4 cup light brown sugar
 1 teaspoon cinnamon
 Dash cardamom

DIRECTIONS

Preheat oven to 375 degrees. Grease an 8-inch square baking dish with cooking spray. Pour melted butter into the bottom of the dish. In a medium bowl, blend granulated sugar, flour, baking powder and salt. Slowly stir milk into the dry mixture with a whisk, stirring all the while to avoid lumps. Mix in vanilla. Pour batter over melted butter in baking dish. In a separate bowl, gently toss peaches with brown sugar and spices. Lay peaches over top of batter, doubling the layer of peaches if necessary. Bake for 25-30 minutes, or until topping is golden brown and beginning to pull away from sides of dish. Serve warm with whipped cream, vanilla frozen yogurt or ice cream ... or plain!

Who Wants Pie?

By Susie Iventosch

Pie makes a wonderful dessert any time of the year and it's really not difficult to make—even with homemade crust! Fresh fruit is available nearly the whole year through, from strawberries in the early spring to peaches, nectarines and berries in the summer, and apples and pumpkins in the fall. In the dark winter months, chocolate comes in handy for baking a chocolate cream pie. So, you see, pies are great all year long! But, summertime is especially divine for fresh mixed berry pies. You can either head down to your local farmers' market, where you'll find raspberry and blueberry purveyors displaying fresh picked berries now or you can pick your own wild berries while hiking in the woods. Just about any mixture will work well, but you need about 8 cups of fruit, which can take many hours of picking!

I remember going to Brentwood one year with my grandmother to pick peaches for jam. We were quite a sight climbing up the ladders to pick the ripe fruit – she was in her 80s and I was several months pregnant. Neither one of us wanted the other to do the climbing, but in the end, I think I won out and left her on the ground worrying. Those days, farmers' markets hadn't made their resurgence and to get just-picked produce we really had to head to the farms. We are so lucky these days to have great farmers' market networks, bringing perfectly ripe produce practically to our doorsteps.

One year, I made a berry pie birthday dessert for our good friend, Mike Miller of Moraga. Since his birthday is in March, I am certain that at least some frozen berries went into that particular dessert. It didn't much matter to him ... he's never forgotten that pie, and now almost every time we get together, the idea of berry pie surfaces in the conversation. And, like anything else in life, the fresher the better, so whenever possible, it's best made with fresh seasonal

berries. This pie can be made with just about any combination of berries you like, but I use blueberries, boysenberries or blackberries, and raspberries in roughly equal proportions.



Berry pie Photo Susie Iventosch

Moraga Farmers' Market – Sundays 9 a.m. to 1 p.m.
 Orinda Farmers' Market – Saturdays 9 a.m. to 1 p.m.
 Lafayette Farmers' Market – could be coming to you on August 21

These recipes are available on our web site. Go to: www.lamorindaweekly.com Susie can be reached at suziven@gmail.com

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	Quinzos, 3651 Mt. Diablo Blvd, Laf, 962-0200	Ristorante Amoroma, 360 Park St, Mor, 377-7662
	Ranch House, 1012 School St, Mor, 376-5127	Japanese
	Terzetto Cuisine, 1419 Moraga Way, Mor, 376-3832	Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor, 376-0809
	The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf, 283-1234	Blue Ginko, 3518-A Mt. Diablo Blvd, Laf, 962-9020
BBQ		Kane Sushi, 3474 Mt. Diablo Blvd, Laf, 284-9709
	Bo's Barbecue , 3422 Mt. Diablo Blvd, Laf, 283-7133	Kirin Sushi, 356 Park Street, Mor 376-2872
Burger Joint		Niwa Restaurant, 1 Camino Sobrante # 6, Ori, 254-1606
	Flippers , 960 Moraga Rd, Laf, 284-1567	Senika Restaurant, 2 Theatre Sq # 118, Ori, 254-7088
	Nation's Giant Hamburgers, 400 Park, Mor, 376-8888	Yu Sushi, 19 Moraga Way, Ori, 253-8399
	Nation's Giant Hamburgers , 76 Moraga Way, Ori, 254-8888	Mediterranean
Cafe		Petra Cafe, 2 Theatre Sq # 105, Ori, 254-5290
Ferrari- Lucca Delicatessens, 23 Lafayette Cir, Laf, 299-8040		Oasis Cafe, 3594 Mt. Diablo Blvd, Laf, 299-8822
Geppetto's cafe, 87 Orinda Way, Ori, 253-9894		Turquoise Mediterranean Grill, 70 Moraga Way, Ori, 253-2004
Mamounia Express Cafe, 3732 Mt. Diablo Blvd # 179, Laf, 299-1372		Mexican
Rising Loafer, 3643 Mt. Diablo Blvd Ste B, Laf, 284-8816		360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf, 299-1270
Susan Food Catering & Cafe, 965 Mt. View Dr., Laf, 299-2469		Casa Gourmet Burrito, 3322 Mt. Diablo Blvd, Laf, 284-4415
California Cuisine		El Charo Mexican Dining, 3339 Mt. Diablo Blvd, Laf, 283-2345
Artisan Bistro, 1005 Brown St., Laf, 962-0882		El Jaro Mexican Cafe, 3563 Mt. Diablo Blvd, Laf, 283-6639
Metro Lafayette, 3524 Mt. Diablo Blvd, Laf, 284-4422		La Cocina Mexicana, 23 Orinda Way, Ori, 258-9987
Shelby's, 2 Theatre Sq, Ori, 254-9687		Mucho wraps, 1375-B Moraga Way, Mor, 377-1203
Chinese		Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf, 283-8740
Asia Palace Restaurant, 1460 B Moraga Rd, Mor, 376-0809		Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf, 283-8288
Chef Chao Restaurant, 343 Rheem Blvd, Mor, 376-1740		El Balazo, 3518 Mt. Diablo Blvd, Laf, 284-8700
China Moon Restaurant, 380 Park St, Mor, 284-3500		Maya Mexican Grill, 74 Moraga Way, Ori, 258-9049
The Great Wall Rest., 3500 Golden Gate Way, 253-9852		Numero Uno Taqueria, 3616 Mt. Diablo Blvd, Laf, 299-1333
Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori, 284-7569		Pizza
Lily's House , 3555 Mt. Diablo Blvd #A, Laf, 376-7839		Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf, 283-6363
Mandarin Flower , 581 Moraga Rd, Mor, 962-0288		Mountain Mike's Pizza, 504 Center St, Mor, 377-6453
Panda Express, 3608 Mt. Diablo Blvd, Laf, 254-2020		Pennini's, 1375 Moraga Rd, Mor, 376-1515
Szechwan Chinese Restaurant, 79 Orinda Way, Ori, 283-1688		Round Table Pizza , 361 Rheem Blvd, Mor, 376-1411
Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf, 284-2228		Round Table Pizza , 3637 Mt. Diablo Blvd, Laf, 283-0404
Coffee Shop		Village Pizza, 19 Orinda Way # Ab, Ori, 254-1200
Millie's Kitchen, 1018 Oak Hill Rd #A, Laf, 283-2397		Zamboni's Pizza, 1 Camiino Sobrante # 4, Ori, 254-2800
Squirrel's Coffee Shop, 998 Moraga Rd, Laf, 284-7830		Sandwiches/Deli
Village Inn Cafe, 204 Village Square, Ori, 254-6080		Bianca's Deli , 1480 Moraga Rd # A, Mor, 376-4400
Continental		Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori, 254-7202
Petar's Restaurant, 32 Lafayette Cir, Laf, 284-7117		Kasper's Hot Dogs, 103 Moraga Way, Ori, 253-0766
Vino Restaurant, 3531 Plaza Way, Laf, 283-7108		Noah's Bagels, 3518 Mt. Diablo Blvd, Laf, 299-0716
French		Orinda Deli, 19 F Orinda Way, Ori, 254-1990
Chevalier Restaurant, 960 Moraga Road, Laf, 385-0793		Subway, 396 Park St., Mor, 376-2959
Hawaiian Grill		Subway, 3322 Mt. Diablo Blvd #B, Laf, 284-2627
Lava Pit , 2 Theatre Square, St. 142, Ori, 253-1338		Subway, Theatre Square, Ori, 258-0470
Indian		Seafood
Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf, 962-9575		Yankee Pier , 3593 Mt. Diablo Blvd, Laf, 283-4100
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Giardino, 3406 Mt. Diablo Blvd, Laf, 283-3869		Kopitiam, 3647 Mt. Diablo Blvd, Laf, 299-1653
Knox Restaurant, Lounge, 3576 Mt. Diablo Blvd, Laf, 284-5225		Steak
La Finestra Ristorante, 100 Lafayette Cir, #101, Laf, 253-9191		Casa Orinda, 20 Bryant Way, Ori, 254-2981
La Piazza, 15 Moraga Way, Ori, 284-3081		Tea
Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf, 376-4300		Patesserie Lafayette, 71 Lafayette Cir, Laf, 283-2226
Michael's, 1375 Moraga Way, Mor, 376-2533		Tea Party by Appointment, 107 Orinda Way, Ori, 254-2206
Mondello's, 337 Rheem Blvd, Mor, 299-0500		Thai
Pizza Antica, 3600 Mt. Diablo Blvd, Laf, 299-0500		Amarin Thai Cuisine, 3555 Mt. Diablo Blvd #B, Laf, 283-8883
		Baan Thai , 99 Orinda Way, Ori, 253-0989
		Royal Siam, 512 Center Street, Mor, 377-0420
		Siam Orchid, 23 Orinda Way # F, Ori, 253-1975
		Vietnamese
		Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor, 376-7600

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SPORTS LAMORINDA'S LOCAL SPORTS NEWS



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Record-breaking Lafayette City Meet

Springbrook Hogs are Victorious Again
 ... continued from page 1



LMYA Boys 7-8 Relay teammates (left to right) Reider Martinsen, Alec Baker, Jack Larsen and Christopher Rogers

Photo Lisa Diritto

More than a Fan

Lamorinda season ticket holders feel like family at SMC basketball games

By Mikaela Cowles



Dr. and Mrs. Howard Rose of Moraga "It's more than being a fan. It's family." Photo Andy Scheck

As Saint Mary's basketball programs have taken off, there are few in Lamorinda who are unaware of the teams. The men's program has received ample coverage with 29 ESPN televised games during last season alone. With name-worthy players like Olympian Patty Mills and the women's Louella Tomlinson, first in the nation in single season blocks, McKeon Pavilion has become the place to be.

The increased success has not ruined what makes this small school's games so unique. Men and women's season ticket holders, John and Linda Higgins, say "It's the same quality basketball without the big time atmosphere."

With easy access and competitively low prices, Saint Mary's basketball offers locals the chance to become part of the college community. Dr. and Mrs. Howard

Rose, season ticket holders of 35 years say, "It's more than being a fan. It's family."

Before the game, fans greet their neighbors with chit-chat and smiles. During the game their hearts rise and fall with the team and after the court is littered with fans and players talking over the game and catching up. The Roses' say, "our closest friends have been through Saint Mary's."

Raising their kids by the sweaty court, they firmly believe in the basketball community and its impact on the youth and the surrounding area. The positive influence of quality role models, who are easily accessible to children, makes Saint Mary's games a perfect family outing. The Higgins' were the first women's season ticket holders, and as John puts it, "I didn't even know women played basketball. What better thing is there for a father and daughter to do together?"

Many fans have become integral parts of player's lives. The Higgins went so far as to house one of the women's basketball players when she had finished playing and was in grad school.

Both the Higgins and Roses stress profusely the quality of people who are part of the Saint Mary's family, both fans and players alike.

Springbrook girl's 13-14 high point winner, Nora Vance also claimed a record at City Meet. Vance led off the Medley Relay with backstroke. Vance, along with teammates Brooke Aiello, Kathryn Hill and Kate Avery won with a record time of 1:58.17.

Led by head coach Molly Quinn, Springbrook took home yet another first place trophy. "Growing up swimming the Lafayette City Meet has always been a personal highlight of my swim season; we are very lucky to swim in a City Meet with such a fun atmosphere filled with good natured competition. It is especially gratifying to have Springbrook perform so strongly my first year as Head Coach. Every team swam exceptionally well this year and I am extremely proud of the effort our team put forth last weekend," said Quinn.

LMYA surely had one of the most celebrated second place finishes in meet history. Led by co-head coaches Marc Cavallero and Jeff Miller, LMYA swimmers drew

their share of constant, deafening cheers from the stands. "I am very proud of the team and their performance at City Meet. The kids have been working extremely hard on their stroke technique and conditioning in practices and it is rewarding for them to swim so well. The mid-season racing experience they get at the City Meet is extremely valuable for the end of the season when the team peaks for league championships and the County meet," said Cavallero.

The LMYA's Boys 7-8 Medley Relay was a record setter. Teammates Jack Larsen, Reider Martinsen, Alec Baker and Christopher Rogers beat out Rancho Colorados for a meet record time of 1:12.88. The foursome went on to break a 30-year-old pool record in the free relay with a time of 1:02.71. When asked how he felt about the win, Alec Baker replied, "Awesome!"

Rancho Colorados finished third with a number of high finishes that resulted in major points for the

team. Rancho's 9-10 Boys boasted an on-the-edge-of-your-seats win in the 200-yard free relay with Jon Bindi, Joey Berzins, Cole Lauritzen and Brad Robison with 2:10.61. Sun Valley came in second with a time of 2:10.64.

(Note: Many other records were set at this year's City Meet but unfortunately we cannot include all of them; congratulations to everyone on a race well swum!)

Final Team Scores:

- Springbrook 1313.5
- LMYA 820.5
- Rancho Colorados 721
- Sun Valley 683
- Las Trampas 601
- Oakwood 71

High Point Winners

- 6 & Under Girls
Caitlin Smith, LMYA, 28
- 6&Under Boys
Dillan Thoms, Las Trampas, 33
- 7/8 Girls
Jackie Geannacopulos, LMYA, 31
- 7/8 Boys
Alec Baker, LMYA, 31
Beck Jurasius, Sun Valley, 31
- 9/10 Girls
Caroline Walsh, Sun Valley, 33
- 9/10 Boys
Sean McKenna, Sun Valley, 33
- 11/12 Girls
Helene Hollidge, LMYA, 33
- 11/12 Boys
Nicholas Inserra, Springbrook, 33
- 13/14 Girls
Nora Vance, Springbrook, 33
- 13/14 Boys
Brendan Foster, Springbrook, 31
- 15-18 Girls
Natalie Chan, Springbrook, 31
- 15-18 Boys
Nat Boone, Springbrook, 31

Local Boy

Qualifies for US Karate Team

Submitted by Tom Westernoff and Pearl Asian



Hazemach shows off his two gold medals, one for Kobudo and the other for Kata

Photo provided

The 2009 Amateur Athletic Union (AAU) National Karate Championships proved to be rewarding for a local athlete. Hazemach won two gold medals, one in Kobudo (weapon) and the other in Kata (form), at the event held in Fort Lauderdale, Florida. With the wins, Hazemach secured a place on the Junior World Karate

team and will represent the USA/AAU National Karate Team which will compete in the World Karate Competition in October in either Italy or Japan.

The local product trains at The Karate & Fitness Place USA under the direction of Sensei Tom Westernoff. Hazemach will be a freshman next year at Woodside Priory.

Send sports stories and ideas to:

sportsdesk@lamorindaweekly.com
 or call 925-377-0977



Connor Mattox and Conor MacKinnon received Springbrook's Spirit Award along with Brennan Quinn (not pictured)

Photo Tatia MacKinnon

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SPORTS LAMORINDA'S LOCAL SPORTS NEWS

Bottom's Up Swim Meet

34th annual event drew 700 participants

Submitted by Randy DeVecchi



OCC's Lea leads her race before the turn

Photo Jordan Fong



15 year old Valerie Su swimming backstroke

Photo Les Hata

Hundreds of local swimmers, from five to 15 years old raced in the 34th Annual "Bottom's Up" swim meet hosted by Moraga Valley Pool.

This event features children at the bottom of their respective age brackets and gives them a chance to compete against other swimmers their own age. It differs from most local swim meets because it brings together all Orinda-Moraga Pool Association (OMPA) bottom age group swimmers for a one day event, rather than the typical meets where kids swim against one team with age appropriate groupings.

More than 700 participants swam in the events, including

mixed relays, individual medleys, free, back, breast, fly, and the day wrapped up with the coaches relays and parents relays.

Assistant head coach for Moraga Valley Pool, Adam Schaefer was impressed with the fierce competition and the efforts by all of the swimmers. "As a team, we have been working extremely hard, and today there were a lot of popped times. This shows that all of their hard work is paying off". He added, "It's great for these kids to have this venue and this event, it will prepare all of them for a great time at OMPA."

During the day, boys and girls competed for their best times and

the top ten swimmers in each event earned points for their respective teams. Orinda Country Club led the nine swim clubs with the most points and won the championship trophy for total team points scored. OCC head coach Steve Hauffler was pleased with the results of his swimmers after a day at the pool, "The meet went very well, and the kids swam great."

A pat on the back was earned by all who participated, but only a few earned the distinction of breaking new "Bottom's Up" records. Two meet records were set by five year old Brody Crouch of Moraga Ranch in the 25-yard freestyle and the 25-yard butterfly. Maddie Murphy of Orinda Country Club also set two new meet records in the 50-backstroke and 50-butterfly. Another meet record was set by Sleepy Hollow in the 200 Medley Relay featuring mixed nine year olds.

The Legends head coach Matt Ehrenberger was pleased with his team's success, "Overall it was a good meet for all the swimmers who attended. Soda Center is a really fast pool and leads to great races." He added, "Sleepy Hollow did well; our nine years olds were particularly strong in both the girls and boys."

High point winners in each age group also went home holding trophies. High point winners were as follows: Boy's Champions - Brody Crouch, 5, Moraga Ranch Swim Club; Mark McCurdy, 7, Moraga Country Club; Marcus Ferreira, 9, Sleepy Hollow; Cole Stevens, 11, Moraga Country Club; Jonathan Ratchford, 13, Moraga Country Club; Tennyson May, 15, Meadow Swim Team. Girl's Champions - Allie Saber, 5, Sleepy Hollow; Alex Fellner, 7, Orinda Country Club; Kenna Van Steyn, 9, Sleepy Hollow; Maddie Murphy, 11, Orinda Country Club; Allison Miller, 13, Orinda Country Club; Molly Schoenfeld, 15, Orinda Park Pool.

Local Rowers Take First Place in Philadelphia Regatta

Submitted by Gloria Lenhart



The four plus cox boat is the winning boat with (from the back not including the cox) Matt, Billy and Zack

Photo provided

While most kids participate in traditional sports, recent Campolindo High School graduate Matthew Lenhart, current student Billy Deskin and Acalanes High School student Zack Attaran are athletes of the lesser-known sport of rowing. The local boys began rowing with the Oakland Strokes under for-

mer Olympic rower Ivan Smiljanic.


Recently, the athletes were selected to participate in an intensive, competitive five-week summer rowing program. The boys traveled Back East as three of the 19 specially selected athletes from eight states and Canada to row for the Pennsylvania Athletic Club Rowing

Association.

As a part of the Penn AC Club the boys raced in the Independence Day Regatta in Philadelphia. The three-day regatta has been continuously held since 1880 and is the largest summer club regatta in the U.S.

The local athletes held three out of the four seats in the Men's Junior 4+ (four rowers plus a coxswain) and they rowed to a first place victory in a six boat race, beating the second place boat by 1.46 seconds. Attaran gained a second win as part of the Men's Junior 8 team that blasted through the finish line over three seconds in front of the other five boats.

First place finishers received a commemorative watch awarded dockside by a grand master of the Schuylkill Navy, the 150-year-old organization that oversees Philadelphia's famed Boathouse Row.





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Eight and Under Swimmers participate in special event

By Lucy Amaral



Coaches Jesus Salcedo (OCC), Chris Horner (Meadow) and Kevin Honey (Sleepy Hollow)

Photo Kaye Jacuzzi

More than 650 swimmers, all ages eight and under, from eight Lamorinda swim clubs converged on Meadow Swim and Tennis Club in Orinda, July 19 for the 39th annual Meadow Mini Meet.

Designed specifically for the smallest swim set, this was truly a battle of the ages, where each child swam against someone their own age rather than being grouped into a "six and under" or "seven/eight" category. "The purpose of this event is to highlight the younger swimmers," said Kaye Jacuzzi, who along with Joy Braitberg, organized this year's event. "It evens the playing field, age-wise."

Jacuzzi said that this event serves as the main fundraiser for Meadow to support swim team activities and as an official meet, the results count on a League level. Joining Meadow swimmers were Orinda/Moraga Pools Association teams including Orinda Country Club, Orinda Park Pool, Moraga Valley Pool, Moraga Country Club, Campo Cabana Club, Sleepy Hollow and Miramonte Swim Club.

Jacuzzi estimated that more than 1,500 people filtered through the club during the day in both the form of swimmers and fans. Accenting the festive day, food from Baja Fresh and Jamba Juice was available, a 'mini meet' store with inexpensive trinkets was set up for the kids, and a swim gear vendor offered its wares. "We even have a woman who braided and beaded hair, raising money for Helping Hands."

Jacuzzi said it was a truly swim club-wide event. "Our own Meadow's nine and up swimmers

work at this event," she said. "They work in the mini meet store, shepherd the kids when it's their turn to swim. It's a nice full circle."

Marilyn Blackburn, whose daughters swam for and still belong to Meadow, headed the committee that put on the first Mini Meet in 1970. The meet, she said, was conceived along very pragmatic lines. "We needed new lane lines and the swim team didn't have the money for lane lines," said Blackburn.

She and the other swim team committee members decided that an invitational focusing on the youngest swimmers would fit the bill. "If you're four years old and swimming against someone who is six, you don't stand a chance," said Blackburn. "We wanted to give these kids a chance."

Not that Blackburn was expecting any County times, but it was serious business for the kids and she made sure they were rewarded for their hard work. "Everybody got something after they swam, either a place ribbon or heat ribbon," she said.

Thirty-seven years later, the Mini Meet is going stronger than ever and, of course, every competitor still receives a ribbon "The kids love it," said Jacuzzi. And, she added while it's an invitational, "It has the feeling of a championship meet. It's very official and trophies are given to the winning team."

At day's end, Orinda Country Club's swim team took first place, Meadow Swim and Tennis Club's team took second and Sleep Hollow Swim and Tennis Club's team took third.

New Mini Meet records

Provided by Meadow Swim and Tennis Club

Name: Channing Hanley
Age: 6
Team: Orinda Country Club
Event: 6-yr old girls 25 yd Breaststroke
Time: 23.33 seconds
Previous record: 23.60 seconds

Name: Brody Crouch
Age: 5
Team: Moraga Ranch Swim Club
Event: 5-yr old boys 25 yd butterfly
Time: 21.07
Previous record: 22.72

Name: Ashleen O'Brien
Age: 8
Team: Campolindo Cabana Club
Event: 8-yr old girls 25 yard butterfly
Time: 15.70
Previous record: 15.80

Event: 5-yr old boys 100 yd medley relay
Team: Moraga Ranch Swim Club

**Names: Luca Rago
Brody Crouch
William McGaughey
Cooper Lenahan**
Time: 1:54.95
Previous record: 1:58.56

Event: 5-yr old Boys 100 yd Freestyle Relay
Team: Moraga Ranch Swim Club

**Names: William McGaughey
Luca Rago
Cooper Lenahan
Brody Crouch**
Time: 1:34.94
Previous record: 1:39.53

Event: 8-yr old girls 100 yd Freestyle Relay
-- TIED MEET RECORD
Team: Orinda County Club

**Names: Alex Fellner
Paige Hanley
Sophia Kosturos
Ryan Hagglund**
Time: 1:03.69

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