



Rosewood House.com
FINE FURNITURE & ASIAN ANTIQUES SINCE 1969
CONCORD 4700 CLAYTON RD. (925) 827-9588
OAKLAND 2523 BROADWAY (510) 451-7373

Local Mom Wins National Essay Contest

Submitted by Candace Morton

Lafayette stay-at-home mom, Candace Morton, won a national essay contest sponsored by Oprah Magazine and Chase Blueprint this summer, and on the heels of her 45th birthday, and 20th wedding anniversary, she and her husband, Greg, were whisked off to New York for a professional photo shoot for 'O' Magazine. Due to the

poor economy, negative home equity, and dwindling investments, Morton wanted to find a way to take control of her life. A few years ago, she started the "College of Candace," which consisted of working with a foreign exchange non-profit, starting her Mary Kay business (learning accounting, sales, and marketing in the process), taking French

lessons, online screenwriting courses, and golf. Her essay about her experience was one of two chosen out of more than 1,500 entries. The first of three articles was featured in the November issue of 'O' Magazine. You can also read more about Morton online at www.oprah.com/packages/chase-blueprint-for-a-better-you.html.

Eclipse Soccer Club Focuses on Leadership

Submitted by Stacy Giglio



Photo provided

Twenty boys and girls, ages 10 to 12, from the East Bay Eclipse Soccer Club, recently participated in a nine-week leadership development program called LEAP (Leadership for Eclipse Athletes Program). The goals of this new program were to help Eclipse players understand what leadership means, develop their own unique leadership style, and create strategies for applying their leadership style within their team and club.

"LEAP taught us how to be a leader and find confidence," said Eclipse U11 player Alyssa Runckel. "I enjoyed every session of LEAP. The teachers always had fun games and ice breakers."

The curriculum, which involved lots of games and interactive activities to engage the student soccer players, focused on several themes including: motivation, responsibility, honesty, communication, compassion and team bonding.

"I learned how to handle problems like a leader and not shy away from difficult situations," commented Giovanni Gasperini, a player from the U11 boys' team.

At one of the final meetings, students were put into groups and matched up with younger Eclipse players, called "little buddies." The LEAP students taught their little buddies about LEAP and then created a group presentation about one of the leadership themes they had learned. Each team, along with their little buddies, gave presentations to the LEAP class at their meeting.

"Parents talk a lot about the amount of time their kids spend with coaches playing sports, and how they wish coaches would also focus on life skills and sportsmanship during their many hours of practice," says Stacy Giglio, parent of an Eclipse U11 player. "LEAP is a welcomed addition to the Eclipse program, and I hope that other sports clubs in our area can learn from LEAP and incorporate players' personal development into their programs also."

Theater View Veterinary Clinic



"Dr. Laurie" Langford

Theater View Veterinary Clinic is a brand new facility owned by "Dr. Laurie" Langford who has been caring for animals in Orinda for 15 years.



Phone: (925) 317-3187

Fax: (925) 334-7017

Email: tvvc@theaterviewvetclinic.com

www.theaterviewvetclinic.com

1 Bates Blvd., Suite 200, Orinda

And the Winners Are...



Photo Gladys Calendar

Dozens of chefs prepared their signature dishes and competed for top honors at this year's fourth annual Taste of St. Perpetua cooking extravaganza. This year's winners were: Chris Flitter (pictured is husband Bill) for her Apple Streusel Cheesecake; Graham Westphal for his Dry Rubbed Beef Fillet Sliders; Paz Enjalran for her fresh caught Salt Point Abalone; Jim Bacon for his French Cheese and Bacon Puffs.



techmommy[®]
"A High-tech Brain with the Patience of a Mother"
Give your computer a thorough cleaning
Fast Expert Computer Help from techmommy!
• Troubleshoot any PC problem.
• Help in plain English, not tech talk.
• Virus and spyware removal, system clean-up.
• Learn all of the software on your computer.
• Master e-mail, web searches, filing, attachments.
• Pre-purchase help for computers and electronics.
• Program iPod, cell phone, Blackberry, camera, GPS.
• Set-up and configure new computer, peripherals.
• Hardware upgrades, home network repairs.
• Learn the latest software back-up techniques.
• Personal training in your home, at your pace.
925-377-7711
www.techmommy.com
Serving the Bay Area's Technology Needs Since 1985
"If your computer needs attention, call techmommy, a computer expert that can skillfully fix it. Also, techmommy guides you, teaches you, and shows you the ins and outs of your computer in no time at all."
- Marian Nichols, Moraga

TEEN SCENE

The Aspirations of Teens and Their Impact on the World

By Lucy Portnoff

Artist, celebrity party planner, engineer, President of the United States – the sky's the limit for a teenager's future! When progressing through the journey of high school, teens begin to think about their plans for their careers and later lives.

While on a track to fulfill the task of finding the perfect job, many are faced with the realization that their hopes may not be entirely feasible. Certain limits such as availability of money or talent in an area of expertise may make it difficult to attain their dream job.

But supposing those limits were to be cast aside – if nothing could hold these teenagers back, what are they capable of achieving? History suggests that it is the spark of inspiration that young people bring to their work that enables them to see where others cannot.

Because teens do not have experience in their field of study, adolescents often see only what could go right as opposed to what has gone wrong in the past. They know only enough to have curiosity to engage them in their work. Without previous failures, discouragement is rare as they bring a fresh point of view and outlook.

Teens have an advantage because they are at the point in their lives where they don't have the obligations that adults do. Since most do not have to worry about being self-supportive, they are allowed to pursue their interests without thinking about the practicalities of everyday life. Teens are free to experiment with ideas to effectively contribute to society.

Acalanes High School freshman Sarah Taketa found her passion in cosmology, a branch of physics. With dreams of becoming a leading physicist and professor at Cambridge University, Taketa studies with the extreme dedication that has led so many be-

fore her to success.

"I want to be a physicist, probably a cosmologist, when I get a job because I love learning about physics – I absolutely adore discovering new, mind-bending things about the world around me, and an entire career dedicated to learning these things sounds amazing," she says.

While hard work, dedication, and intellect will play a role in her path to attaining her dream job, it is Taketa's enthusiasm and resistance to limits that will take her far. "It doesn't sound like a job to me – it sounds like doing something I love."

This statement clearly reflects the fresh perspectives that passionate people bring to the workplace. A constant infusion of new ideas by the younger generation will further advance the base of knowledge, in physics and indeed all disciplines.

Without limits, a teen's achievement potential is infinite.

Lucy Portnoff, a ninth-grader at Miramonte High School, is a member of Club Be the Star You Are!®, part of the Public Speaking and Mock Trial programs. Lucy enjoys art and music.



Writing College Essays? Need help?



Writing coach Cynthia Brian helps college applicants write compelling essays.

"Rachel powered through her essay and application after her session with you. Working with you was the right focus, right person, right time. We can't thank you enough! You are amazing!" Mother

Call 925-377-STAR or email Cynthia@CynthiaBrian.com

Hourly fees. Book your writing session today. Cynthia cares.

please...



...thanks

Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, Cynthia@CynthiaBrian.com.