

'Orinda Idol' Soloist Leaps into National Spotlight

Submitted by Margaret Huang



Isabelle Johannessen (front center)

Photo provided

Orinda resident Isabelle Johannessen began singing when she was just a baby. "I would sit in my car seat and hold 'Ahhhh...' for as long as I could," the Oakland School for the Arts senior remembers. And she hasn't stopped singing since.

She made her first solo appearance on Orinda Idol, sponsored by the Orinda Arts Council, as a fourth grader and finally won first place in the Orinda Idol competition in 2012 with group, Urban Flare. She is now a member of Vocal Rush – OSA's prestigious national award-winning acapella group. She also works with Disney pop singer Zendaya, also a former OSA student, as a back-up singer on her "Shake It Up" tour. Johannessen was on tour with Zendaya and missed appearing with Vocal Rush when the group was a finalist on NBC TV's "The Sing Off" in December.

As a dancer and a performer in musicals at Orinda Youth Theater and Glorietta Elementary School, Johannessen found her commitment to the arts to be defining. Her broad range of talent coupled with an incredible work ethic landed her acceptance at OSA, where maintains a 4.04 GPA.

"The thing about being an artist is that you are learning to better yourself and your craft. That mentality of learning, because you want to improve and not just to get good grades, is how to succeed," says the 17-year-old. "In vocal music, if you don't want to pay attention, you don't really have to. But, when auditions come up and you are not picked for the group or for a solo, you know why. Going to a performing arts school helps you be motivated in all aspects of life."

Johannessen says she gets up at 5:45 every morning. "My mom and I leave the house at 7:30 to drive me to school. Some nights I get a ride home from my family, but most evenings I take BART home after school."

Johannessen recently toured LA with her family to visit colleges and has already received an acceptance from Loyola Marymount College.

For the second consecutive year, Johannessen will be a featured soloist in the OSA Vocal Department concert "Soundtrack," a night of Hollywood hits at the Fox Theater in Oakland on Friday, May 2. Tickets are available on <http://www.ticketmaster.com>, search for "Soundtrack."

TEEN SCENE

Healthy Choices to Avoid a Sedentary Lifestyle

By Henna Hundal

As teenagers, there's no doubt we want to keep our bodies looking great. And no matter how cliché it might sound, the best way to keep fit is to eat nutritiously and exercise appropriately. New survey results released in January by the Centers for Disease Control and Prevention indicate that we aren't making exercise a priority. Junior Jessica N. reported, "I exercise maybe twice a month doing some push ups or sit-ups" while senior Kevin M. boldly stated, "exercise is just not my thing."

The survey results show that only 25 percent of American kids aged 12 to 15 are meeting the recommended daily exercise guidelines. This means that, on average, only one out of every four teens is doing at least one hour of vigorous physical activity each day. High school junior Hunter M. is one of the four who is getting enough exercise. "I do 25 sit-ups and 50 jumping jacks every morning, then I walk to and from school." Arezu K. chimed in, "I go to the gym three times a week for an hour because working out makes me look and feel healthier." On the opposite side of the spectrum, student Stephanie S. says

that exercise is "nonexistent" in her life while Jasmine M. remains only mildly active by walking half a mile a day.

Teens have become too sedentary. The report was based on the responses of 800 young people in the 2012 National Youth Fitness Survey, making it clear that we need to revive a national dialogue on the importance of vigorous physical activity in young people's lives. The average American spends 9.6 hours sitting down – more hours than they spend sleeping. Watching our diets and exercising 30 minutes a day will not be enough to offset the hours of sitting.

At a time when over 12.5 million American youth are dealing with obesity, and budget cuts are eliminating schools' physical education programs, we need to pause a moment to remember how crucial exercise really is. Getting the right amount of daily physical activity helps us in so many ways, including improving our mood, boosting energy, and increasing our overall wellness. We can celebrate our bodies by making healthy nutrition choices combined with strenuous

physical activity. Exercise isn't exclusively for athletes, it's critical for the longevity and happiness of every individual.

First Lady Michele Obama is on the right track with her Let's Move campaign. Walk, run, swim, bike, surf, skate, stretch, dance, tumble, play ball, or do yoga – everything counts towards a more healthy and beautiful you.



Henna Hundal

Express Yourself!™ Teen Radio Reporter and Be the Star You Are!® volunteer; Henna Hundal, is an 11th grader on a mission to empower the younger generation to lead active, healthy lives.

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.

The opinions expressed in Teen Scene are those of the writer and not necessarily those of the Lamorinda Weekly.

Classified • Classified • Classified • Classified

Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to storydesk@lamorindaweekly.com, and include "Celebrations and Remembrances" in the subject line.

Classified • Classified • Classified

Music Lessons

Piano/guitar w/Robbie Dunbar
All levels welcome!
I travel to your home.
M. A. Music Composition
Piano tuning as well!
925-323-9706
robbiednrb@gmail.com

Computer Service

COMPUTERS' BEST FRIEND
Home & Office Computer Service
• ONSITE REPAIRS • VIRUS REMOVAL
• WINDOWS TUTORING
• HARDWARE UPGRADES
• NETWORK SETUP AND SUPPORT
• REMOTE DESKTOP/TELEPHONE SUPPORT
www.computersbestfriend.com
925-682-3408 • 510-938-1881

Language Lessons

Italian and French conversation classes
at the Orinda Community Ctr.
Classes starting in April
www.cityoforinda.org
(925) 254-2445

Tax Service

Diablo Tax Service
IRS Licensed Enrolled Agents
Serving Lamorinda since 1989
bonded & insured 925-283-9382

Insurance

Totalintegrityinsurance.com
20+yr Lamorinda resident.
My independent insurance brokerage is here to serve you.
Over 100 top carriers = great pricing and coverage for Biz Gen Liability, W Comp, Homes, Auto, Life. Call **Henry at (925) 247-4356** OE90108

House Cleaning

www.totalclean.biz
Serving Lamorinda since 1985.
Insured and bonded 376-1004.

Computer Help

• Troubleshoot any PC problem.
• Help in plain English, not tech talk.
• Virus and spyware removal, system clean-up.
• Master e-mail, web searches, filing, attachments.
• Program iPod, cell phone, Blackberry, camera, GPS.
• Personal training in your home.
Call Alison 925-377-7711

Tile Setting

Baths, Showers, Floors, Walls, Counters
Cliff 510-697-1125

Plumbing

WE HOP TO IT!
(925) 377-6600
LeapFrogPlumbing.com

Speech-Language Pathologist

Can't Speak? Late Talker?
SPEECH-LANGUAGE DELAYS
APRAXIA
STUTTERING **Call Now!**
AUTISM
Monique Eurich, MS-CCC/SLP
Pediatric Speech Language Pathologist
925-255-4383
www.IndependentSpeechPathologyNetwork.com

Rototilling

Ken's Rototilling
• 4 W/D Tractors
• Hillside Weed Cutting
• Mowing • Discing • Rototilling
Free estimates! 925-938-9836
licensed, bonded & insured. CA#667491
www.kensrototilling.com

Painting Contractor

Interior, Exterior & Repairs
Professional & Reliable
Call Terry 925-788-1663 Lic.# 851058

Lafayette Painting-all work
supervised by owner/contractor. No substitute for EXPERIENCE-over 25 years in Lamorinda. Full insured, Lic # 342005. **Call 283-8621**

Handyman

Rusty Nails Handy Man Service
Repair • Restore • Revamp
Call Rusty- (925) 825-6997

Fencing

Ken's Quality Fencing
Custom redwood fences & retaining walls installed. **Free estimates**
licensed, bonded & insured. CA#667491
925-938-9836 www.kensrototilling.com

Windows & Gutters

Reliable Window Cleaning
Friendliness & remarkable results.
Windows, Gutters, Pressure Washing. **(925) 254-7622**
ReliableWindowService.com

FREE Kittens

Will you love me?

I am looking for a home with loving parents in a safe environment.
Could that be you? There are many adorable cats & kittens to choose. Give us a call: Judy @ 925-788-8675 or Michelle @ 925-324-7519.

Tree Service

East Bay Tree Service.
377-8733. Fine pruning, large tree removal, stump grinding
License #805794

Tree & brush removal.
Poison Oak removal. 376-1995,
Licensed, insured & bonded

Construction

Concept Builders

Remodeling, Home Repair & New Construction
Bonded & Insured. License no. 842563
(925) 283-8122, Cell: (925) 768-4983

Jacob Spilsbury - General Contractor
American owned and operated
Renovation • Remodeling • Home Repair
Big & Small Jobs • Bonded & Insured
Lic # 898775 **925-825-5201**

\$8 per 1/2" classified ad height
Email to: classified@lamorindaweekly.com