

Synergy Theater Comes to Downtown Lafayette

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He further explains that improvised storytelling is spontaneity in the shape of a story, with a beginning, middle, and end. That's what Adams has devised and published; a process that helps improvisers understand, at an organic level, the dramatic structure so they can do two things at one time – be spontaneous, filtered through the lens of dramatic art.

Adams grew up in New York and says he always knew he would be on stage, or somewhere around it. In high school and college he acted, directed and wrote plays. "Then one day, in college, I discovered improvisation and knew I had found my calling," he remembers.

Soon his desire to tell full stories led him to ask the question, "Why

don't we do this for more than a few minutes?" Nobody presented full-length improvisational plays at that time, so he practiced and developed a concept, eventually putting it in writing. His book is called "How to Improvise a Full-Length Play; The Art of Spontaneous Theater."

Adams' life in the Big Apple was all about improvisation, until love took him to California where he now resides.

The first Synergy Theater was in Concord, but Adams and his family live in Lafayette and he wanted a performance venue closer to home. You may have caught a show at the Lafayette Community Center. He met Colleen McCormick, who owns Lamorinda Music, and the two agreed that her downstairs theater

would be a great space for the troupe. Lamorinda Music is located at 81 Lafayette Circle – with a cornucopia of wonderful restaurants nearby, "We are perfectly located for this," says McCormick.

Local guy Clayton Dodds, now the troupe's marketing manager, first fell in love with Synergy Theater as a spectator. "My co-worker Ben (Piper) is a performer here and he asked me to come (to a show)," recalls Dodds. "I walked in with no idea of what I was getting into. It was hilarious! The audience interaction was really cool. I got hooked."

Adams explains that Synergy Theater's shows have many formats. Saturday evenings will feature "a completely improvised two-act play, at the mercy of the public's sugges-

tions," he says, and on Sundays there will be matinee performance called "Spontaneous Combustion," which is built on the life story of a local person or business. A volunteer will come on stage and tell stories about his/her life, and the actors will create comic improv scenes based on the stories. "This will be funny, but we won't poke fun at our guests," he promises, adding that he wants to make the shows a reflection of the local community. "The idea is that everybody's life is rich and valuable if you take the time to explore it."

Synergy Theater makes its debut at Lamorinda Music this week – at 8 p.m. on Saturday, Aug. 16 and 3 p.m. on Sunday, Aug. 17. The September performances are scheduled for Lafayette Art and Wine Festival weekend, Sept. 20-21. Can't wait? Snippets can be found on YouTube and Facebook. For tickets and information about shows and classes, visit www.SynergyTheater.com.

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.

business briefs

Mark Borsuk Opens Practice 3186 Old Tunnel Road, Lafayette (925) 979-8326

www.markborsuk.com

Mark Borsuk is a chiropractic doctor, specializing in the treatment of traumatic injuries and elite athletes, who has added to his practice the techniques of applied kinesiology; he is certified by the International College of Applied Kinesiology. He recently relocated to Lafayette from Australia to be close to his parents, who live in Rossmore. Applied kinesiology and muscle testing are alternative medicine techniques that have been developed by Dr. Michael Lebowitz for food sensitivities, toxic metals, chemical and electromagnetic field sensitivity, chronic illnesses and emotional problems. "I use the muscle testing technique to find out what the root issue it," says Borsuk. He describes applied kinesiology as working with proprioceptive imbalances. "In our muscles and ligaments we have receptors giving us proprioception; they sense pain, temperature, touch, vibration," he explains. "Those receptors are choreographed to work appropriately together, but when there is trauma, those receptors can have problems communicating with each other, and when they do you will have range of motion issues, or pain issues." To understand what is going wrong in the interaction of the different muscles and the brain, Borsuk might rub, pinch, scratch, vibrate or tickle each muscle group, getting biofeedback from a non-impacted muscle, until he gets a good picture. The same techniques of muscle testing can also be used to detect allergies to food toxins (like solanine in the nightshade vegetables), but also heavy metals, parasites, or molds.



Mark Borsuk Photo provided

New GM for Moraga Country Club 1600 St. Andrews Drive, Moraga www.moragacc.com

Andrew Scott was recently hired to replace Frank Melon as general manager of the Moraga Country Club. Scott arrived in Moraga at the beginning of the month from the greater Los Angeles area where he was the general manager of the Manhattan Country Club.

Moraga Employee of the Month



From left: Kevin Reneau, George Hall, Peggy Hall and Debbie Roessler
Photo provided

George Hall, the office manager for the Moraga accounting firm Hall of Taxes, has been named the Moraga Employee of the Month for July. Along with the award, Hall will receive gift cards for Safeway and Chef Chao at the Moraga Rotary luncheon Aug. 19. The program is sponsored by Rotary and the Chamber of Commerce.

News from the Chambers of Commerce

Lafayette

Save the date: The Lafayette Art and Wine Festival, Sept. 20-21.

Moraga

Chamber/Community Barbecue: 5:30 p.m. on Aug. 26 at the Moraga Commons Park. The event is sponsored by Safeway. RSVP to Kathe Nelson, kathe@moragachamber.org.

Orinda

Chamber Mixer: 5:30 to 7 p.m. on Aug. 19 at Casa Orinda, 20 Bryant Way.

If you have a business brief to share, please contact **Sophie Braccini** at sophie@lamorindaweekly.com

Celebrating an Anniversary?

If your business is celebrating a significant anniversary (5, 10, 20 years or more ...) send us a photo of your business, the owner(s) or the staff with specific information about your business and what you're celebrating, and we'll include it in an upcoming issue.



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