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## What the fork? Campaign aims at getting rid of high school plastic utensils



Photo Gracie Woidat, Campolindo La Puma

**Members of the Campolindo Zero Waste Club, from left, top row to bottom row: Erin Thomas, Sahana Rajesh, Maddie House, Chloe Dawkins, Ben Powers, Anika Johnson, Ella Seaman, Melissa Dunbar, Mabel Vo, Erika Reidel, Lexi Oxanizo, Ava Sparacio**

**By Sora O'Doherty**

Mabel Vo, president and founder of the Zero Waste Club at Campolindo High School, has collected about 500 metal forks to replace the plastic ones used on campus that wind up in the landfill. A

similar plan last year was successful at Burton Valley Elementary School in Lafayette.

Vo says that she wants to see the schools transition away from all plastic utensils. She is working on developing a plan with the schools. In her vision,

students who eat their lunch in or near to the school cafeteria could use metal utensils, and return them to the cafeteria after their meals. For students who perhaps eat too far from the cafeteria to return utensils before returning to class, she envisions the use of compostable utensils, such as those made of bamboo.

Vo started the Zero Waste Club at Campolindo this academic year. She previously did a project at the Rheem Center to set up recycling bins. She worked with advisor Jay Lifton and Joan Bruzzone on the pilot program, which she says went really well. So her second project is to provide metal forks for Campolindo, Miramonte, Acalanes and Las Lomas high schools.

Why just forks? Well, actually the Zero Waste Club would like to get rid of all plastic utensils.

It is estimated that Campolindo, Miramonte, Acalanes, and Las Lomas together are disposing of 72,000 plastic forks every year. The estimated annual cost for the Acalanes Union High School District to send the plastic forks to the landfill comes out to be about \$1,248. The club met their goal of collecting about 500 forks for the program by the end of January as well as raising \$675 in donations from the community.

Nancy Hu, vice chair of the Lafayette Environmental Task Force and mother to two young sons, was excited to see students taking charge and

using their collective voice to reduce plastic usage in schools and donated to the project. "I hope Lafayette's residents and businesses are listening to the students," she said. The Environmental Task Force is also working on an ordinance which targets single-use plastic foodware, such as utensils and straws.

"Under the current draft of our ordinance, which has still to go to the city council, compostable fiber foodware would still be compliant. However, we do recognize that reusable foodware would be ideal, especially for dine-in situations. With the currently proposed 25 cent disposable cup fee, we not only hope residents will start to bring their own cups, but also we hope businesses will offer customers the option to consume beverages and foods in real reusable cups, bowls, and plates with silverware if they choose to stay and dine-in. Reusables have a real cost savings benefit, and it's time we start rethinking our disposable culture and the havoc it has wreaked on our planet," Hu said.

Last year Julian Jackl was recognized for his work as a fifth-grader at Burton Valley Elementary School to eliminate single-use plastic utensils, replacing them instead with metal cutlery.

(Read about Jackl in the April 17 Lamorinda Weekly archives). As a result of his dedication other schools have been inspired to do the same.

## Big brother steps into the gym



Photos provided

**By Jon Kingdon**

Technological gadgets have become an extension of our lives, with different smart phone applications used to wake us up, count the steps we take, and tell us how to get to different locations ... like the gym. Formula3 Fitness, which opened last April in La Fiesta Square in Lafayette, developed an app to help design a specific program for each member, says Benji Simonton, a former professional baseball player and the head of programming who owns the Lafayette studio.

"Our app will help you to decide on what your focus is. If you want to get stronger and increase your mobility, you will tell the app which days you are able to work out and the times that you are available and this is what I want to accomplish," Simonton says. "The app's algorithm will recommend which classes to take on the days that you have chosen."

However, human interaction is not overlooked. "At the end of the day, our goal is for everyone to get what they need for that day," says Simonton. "If a member is a little tired or feeling beat up due to a lack of sleep or being stressed, we want them to have an experience that they need and not just continue to beat up on themselves."

Formula3 provides a

complete workout program with hour long classes focusing on three areas: FORGE which aims to strengthen the metabolic engine and build lean muscle; FIRE which exercises the heart, lungs and trains the cardiovascular system and FLOW which are yoga classes which focus on breathing movement and awareness of the connection between the mind and body.

The idea for Formula3 was the brainchild of the two owners, Noah Roland who owns a Formula3 in Portland, Oregon, Erin Gilmore, and Simonton.

"If you go to a boutique studio space, you're going to do one thing, you'll exclusively do yoga at one studio space, you're going to your cross fit studio and focus on strength, there are other studios that are cardio focused," says Simonton. "We're trying to get people to check more of their fitness boxes in one location. At Formula3, you will get high level coaching in yoga, strength and cardio which is all in one location for one price."

One of the goals at Fitness3 is to create "functional fitness" which requires unique equipment, says Simonton: "We call our equipment unstable implements. Everything we pick up in life, for the most part, isn't balanced or stable and is an ever-shifting load, so we use

sandbags, which is an ever-shifting load, mimicking real world strength. We use a center mass dome which is unstable when you pick it up. We use TR suspension trainers for our strength because you have to create stability to work through all of your different movement patterns. Our goal is to give people real world strength so when they do

things in everyday life, they feel stronger and more confident in those movements."

Mariah Martin, the assistant manager at Formula3 speaks to the positive atmosphere in the studio: "Anyone at any level can benefit from these workouts. Our oldest member is 79 and the youngest is 16. We offer

everything under one roof and want this to be a place where everyone can workout and have a good time. We're a big family here."

People who are new and unfamiliar with the program will be given a free three-day pass to try out all of the classes.

For information, including hours, visit formula3fit.com.



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