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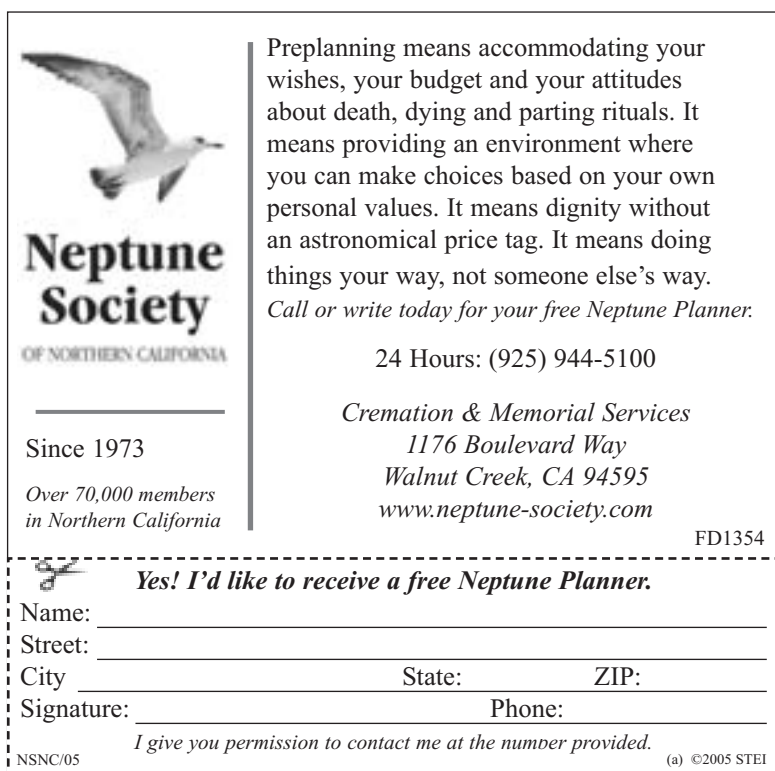


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## Club News

**AAUW POETRY READING NIGHT**

The Clayton branch of the American Association of University Women will bring an evening of poetry reading to the local club scene. The program will feature Sunny Solomon, creative manager of Clayton Books and book reviewer for the Clayton Pioneer. This talented and versatile writer will read some of her own poetry.

There will be an opportunity during the "Open Mike" portion of the program for members and guests to read either their own poetry or a poem that has special meaning to them.

The Poetry Reading Night is Monday, January 28, 7:30 p.m. at Diamond Terrace, 6401 Center St. in Clayton. Coffee & sweet treats will be available before and after the program to encourage socializing between visitors and members.

The Clayton Branch of AAUW sponsors varied activities appealing to a wide range of interests. Both young and

mature women will appreciate the overall focus on educational

topics. Reservations are not needed but for further informa-

tion call Mary Ann 672-4391 or Sheila 672-7947.

### CLAYTON VALLEY WOMAN'S CLUB INSTALLS NEW PRESIDENT & OFFICERS

Co-President Sheila Driscoll welcomed members and guests at a recent gathering. The Co-Presidents Holiday Gift Project was the Layette Program. Barbara Cotton, representing the Hillcrest Congregational Church Layette Program, thanked the members for their generosity in donating an abundance of baby clothes.



Photo courtesy of Clayton Valley Woman's Club  
Outgoing and incoming co-presidents: Joyce Atkinson, Merle Whitburn, Sheila Driscoll and Joan Bergum.

The choral group, Ladies First from Concord High School, provided the entertainment.

Arleen Lewandowski installed the incoming co-presidents Joan Bergum and Merle Whitburn and the new officers for the 2008 Board of Directors for CVWC. Amenities Chairman Marjorie Thrlow thanked outgoing co-

presidents Sheila Driscoll and Joyce Atkinson for their services to CVWC and a donation

was made in their honor to the Diablo Valley Literacy Council.

## Church News

**KNIGHTS OF COLUMBUS ESSAY CONTEST**

Last chance to enter this contest that is open to all Catholic students in grades 4-6, 7-8 and 9-12. Winners will receive \$50 to \$100 savings bonds at council and regional levels of competition and a special certificate. State awards will be from \$50 to \$250. Subject matter is as follows: grades 4-6, "What does

being a Catholic mean to me?; grades 7-8, "How can I display Charity in my daily life?;" and grades 9-12, "As a Catholic youth, how can I promote advocacy for the culture of life?;"

All entrants will receive a participation certificate. Deadline to enter is Jan. 31. For more information contact Claire Tryon, Youth Director and State Essay Chairman for the Knights

of Columbus, (925) 673-8564 or email greyeototo@sbcglobal.net

### ST. BONAVENTURE

The Smart Discipline seminar will be presented on Thursday, Jan. 31 from 7 to 9 p.m.

This is one of America's most popular seminars for parents to help them gain positive cooperation from their children

while eliminating negative behaviors. Issues such as promoting positive values, self confidence and self motivation will also be addressed.

St. Bonaventure Church, 5562 Clayton Road, Concord, California. \$15 per person or \$25 per couple can be paid at the door. For more information email Patti Collyer at patti.collyer@stbonaventure.net

## Teeth, from page B5

the teeth from 0 to 4. Stage 0 equals clean, white teeth. Stages 1 and 2 exhibit calculus build up with mild gingivitis. The worst stages, 3-4, result in severe peri-

odontal disease and tooth loss. The appropriated dental procedure will then be recommended. Proper dental cleaning does require anesthesia. Depending

on your pet's age and physical condition, pre-anesthetic lab work and other diagnostic procedures may be recommended.

Make pet home dental care a natural habit by starting early in life, setting a routine and finding the appropriate combination of

care that works for you and your pet. Add this to your New Year's resolution list to promote your pet's oral hygiene and overall health.

Marybeth Rymer, DVM, can be reached at Monte Vista Veterinary Hospital, Concord. 672-1100.

## Mavericks, from page B3

motto, "Something for everyone."

"We want to be more than just the neighborhood gym," Lazarchik said. "We want to offer choices that make us a lifestyle destination for the area."

Some of the programs in the works include additional nutritional support, non-surgical procedures to compliment the existing in-house spa and massage therapy, and the on-site chiropractic center.

Lazarchik and Busch stress that in the 70,000-square-foot facility, there is no waiting lists for equipment. With lots of space and lots of equipment, claiming your machine is a piece

of cake.

In addition to fitness training, the club offers a variety of aerobics, yoga and Pilates classes, as well as hike clubs, power-kick, childcare, Trainer Tools Café and more.

"We have over 50 classes," Lazarchik said, "each well attended. Our Group X members take ownership of the classes."

Friendliness is an obvious club feature, from the front desk, where Sales Manager Jamar Clark takes time to discuss club features, to the maintenance operators who, as Lazarchik points out, are very proactive and quick to respond to member needs.

The club boasts a diverse age range, from early twentysomethings up past 80 years old, each finding an area of activity that suits their needs. The club offers free lifetime memberships to members over 80.

"Don't be fooled," said Menzie. "You'll find the same demographics here as you will in the neighborhood Safeway. These are loyal members who have stayed through some rough times."

"Our members deserve to have a facility they can be proud of," Lazarchik said. "And our team is very open to member input, suggestions, and comments. I am always walking the floor and always approachable."

"There's a new sense of pride," Merritt added. "I'm proud of my department. We

have a stellar group of instructors."

Lazarchik manages three Northern California Mavericks: Concord, Emeryville Mavericks and the San Jose Athletic Club. The Concord facility is located at 5294 Clayton Road, next to Clayton Bowl. For more information, call (925) 602-5600.

See Mavericks' ad on page B3.

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