RIEKES REPORT

Winter 2007- 2008

dream • explore • create • achieve • dream • explore • create • achieve

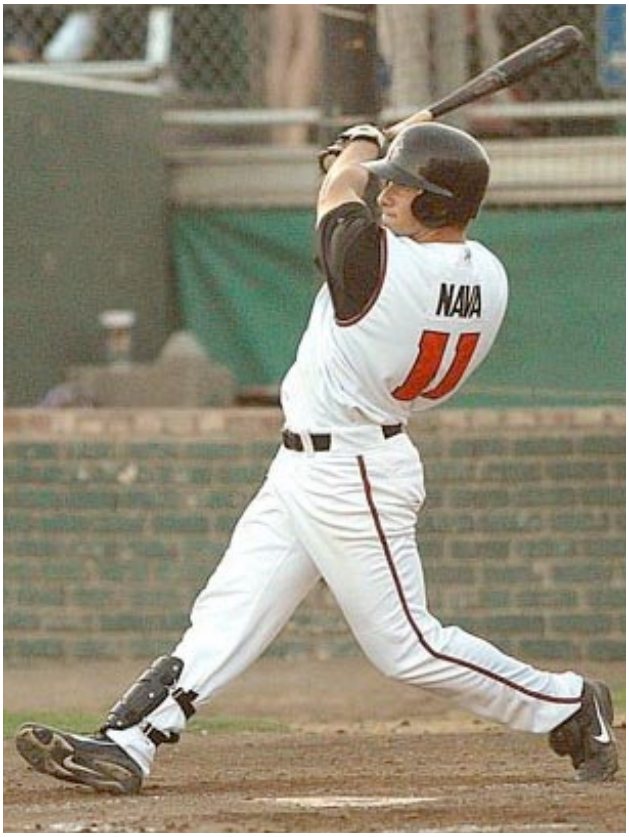
RIEKES CENTER CHOSEN AS BENEFICIARY FOR CHARITY SCREENING OF DISNEY PIXAR MOVIE "RATATOUILLE"

Ratatouille is the heart-warming story of a rat named Remy that dreams of becoming a great chef despite what his family and the outside world thinks. His drive for becoming a chef pushes him to pursue his passion in Paris, France. Ratatouille understands the dangers of being a rodent in an exclusive gourmet restaurant, but finds an ally with a human chef, Linguini, who is unable to cook without him. Linguini realizes the amazing talent that Remy has as a chef and they decide to strike up a deal and help one another while forming a friendship.

Recently, Ratatouille's producer Brad Lewis teamed up with the Riekes Center for Human Enhancement and put together a charity pre-screening of Pixar's most recent flick at Pixar's headquarters in Emeryville. The screening included a silent auction of film memorabilia and two exclusive tours of the complex designed to build an understanding of the creative process that the studio goes through with each film—with such classics as Toy Story, A Bug's Life, and the unforgettable, Finding Nemo.

If the Riekes Center had a culinary department and/or hamster wheel, it would be a perfect match for Remy. Remy had a dream to become a chef and would not let anything or anyone get in his way of accomplishing his goals. We tailor our programs towards individual goals in Athletics, Creative Arts, and Nature Awareness and provide the resources each individual needs to accomplish their dream, because in the larger scheme of things, we believe no dream is unreachable, even if you are just a rat. For more information visit www.riekes.org or contact the front desk at 650.364.2509.

DANIEL NAVA SIGNS WITH WORLD CHAMPION RED SOX



When Daniel Nava first came to the Riekes Center he was only 5'4" and 110lbs, but envisioned a career playing professional baseball. His hard work with the Riekes Center Acceleration and Cornerstone programs greatly aided in his success as a varsity baseball star at St Francis High School.

Daniel was offered an opportunity to walk-on to the Santa Clara baseball team, and was full of dreams about his future as a ballplayer. However, Daniel did more then daydream. He worked out with a very rigorous schedule and reached level X, which is the highest level possible in the grueling Acceleration program. Through his dedication in training, Daniel gained 50 pounds of lean body mass and dramatically decreased his 60 yard dash time.

Daniel went to the College of San Mateo to showcase his improvements as a baseball player after his initial tryout did not work out as he hoped at Santa Clara University. During this time, he also worked at the Riekes Center as an Acceleration coach in order to pay his way through school. While at the College of San Mateo, he became a Junior College All-American. Santa Clara University eventually offered him a full scholarship. After going undrafted, Nava moved to the independent Golden Baseball League, where he won the league's 2007 batting title and was named the top prospect in independent baseball by Baseball America.

Now, all of the hard work, perseverance, and dedication, has paid off. Daniel Nava has achieved his dream of becoming a professional baseball player and signing a contract with the Boston Red Sox. The Riekes Center congratulates Daniel Nava for his achievement and for being an inspiration to all of our students and staff!

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ATHLETIC FITNESS

A NOTE FROM PHYSICAL THERAPY

What is Osgood-Schlatter Disease?

Osgood-Schlatter disease is an inflammation of the lower leg bone just below the kneecap. This specific area, known as the tibial tubercle, is where the quadriceps muscle attaches to the knee. The pain is a result of excessive pull/traction from the quadriceps tendon at the growth plate of the tibial tubercle. It occurs primarily during adolescent growth spurts (for girls approximately 10-12 years old and boys 13-15 years old). During these years of growth, the bone is still relatively soft and is not fully developed.

These "growing pains" occur in association with high levels of activity. Adolescents may complain of pain while running, jumping, squatting or ascending/descending stairs. Many times a painful raised bump can be palpated, which corresponds to an enlarged tibial tubercle. Symptoms usually resolve after the growth spurt and once the bone has fully fused and matured.

Management of Osgood-Schlatter disease may require activity modification. This may not mean demand complete rest, but some activities may need to be avoided to allow for healing. Physical therapy will help decrease pain and speed up recovery time for the paitent. A therapist can also assist the patient by instructing them on stretches for the quadriceps and surrounding muscles and through the use of appropriate modalities such as ice or electrotherapy. The therapist can also investigate possible contributing factors (such as biomechanical abnormalities of the foot or hip and muscle imbalances) and prescribe the appropriate muscle strengthening exercises accordingly.

If you have questions regarding Osgood-Schlatter dis-ease or other musculoskeletal issues, please feel free to contact Floyd VitoCruz, P.T. at 650-298-3403 or e-mail him at fvitocruz@riekes.org.

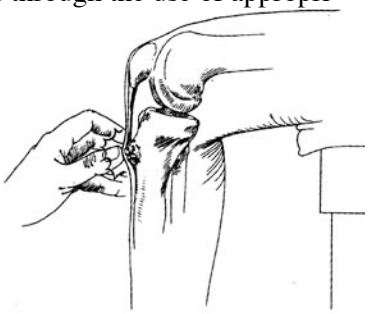


Fig. 29. Osgood-Schlatter syndrome—tenderness and swelling at the site of the infrapatellar tendon insertion into the tibial tubercle.

Figure: Hoppenfeld, Stanley; Physical Examination of the Spine and Extremities, 1976 Apleton-Century-Crofts; p.179

THE RIEKES CENTER BETA TESTS GROUND BREAKING ANTI GRAVITY "G TRAINER" EXERCISE MACHINE FROM ALTER G

For the past year, the Riekes Center has been beta testing various versions of Alter G's breakthrough exercise device, the "G Trainer." The G Trainer is now used across the country as the premier off-loading utility for lower body injury rehabilitation, while training for improvement of anaerobic or aerobic capacity.

Shaquille O' Neill, Yao Ming, Gilbert Arenas, and a host of other professional players, as well as therapy clinics around the country are now using that G Trainer as a primary source of rehabilitation and performance enhancement. Be sure to ask your strength coach about the G Trainer at the Riekes Center if you have a lower extremity problem. The results are unbelievable!

VOLLEYBALL STUDENT JENNIFER JOINES PREPARES FOR 2008 OLYMPICS

In 2004 Jennifer Joines, a Riekes Center success story, capped her brilliant college career as a Middle Blocker for the University of Pacific by being selected as an American Volleyball Coaches Association First-Team All American for an astounding fourth consecutive year, becoming the first four time All-American in school history. In addition to this outstanding accomplishment, she also captured the Big West Conference Player of the Year honors. Many atheltes would consider that a full career, but for Jennifer, that was just another step along her road of success. She was recently invited to play for the US National Team, where she played a crucial role in Team USA's bronze medal winning performance at the 2007 World Cup. Currently, she is training hard in preparation for the 2008 Olympics.

Jennifer credits much of her success to her training that she received at the Riekes Center for the last three years. Jennifer says "Without the training and attention I received at the Riekes Center, I definitely would not be able to be in the position I am in right now. I credit the Riekes Center with much of my success." Look for Jennifer in the 2008 Olympic Games in Beijing, China.

STUDENTS DOCUMENT THEIR ADVENTURE IN THE HIMALAYAS

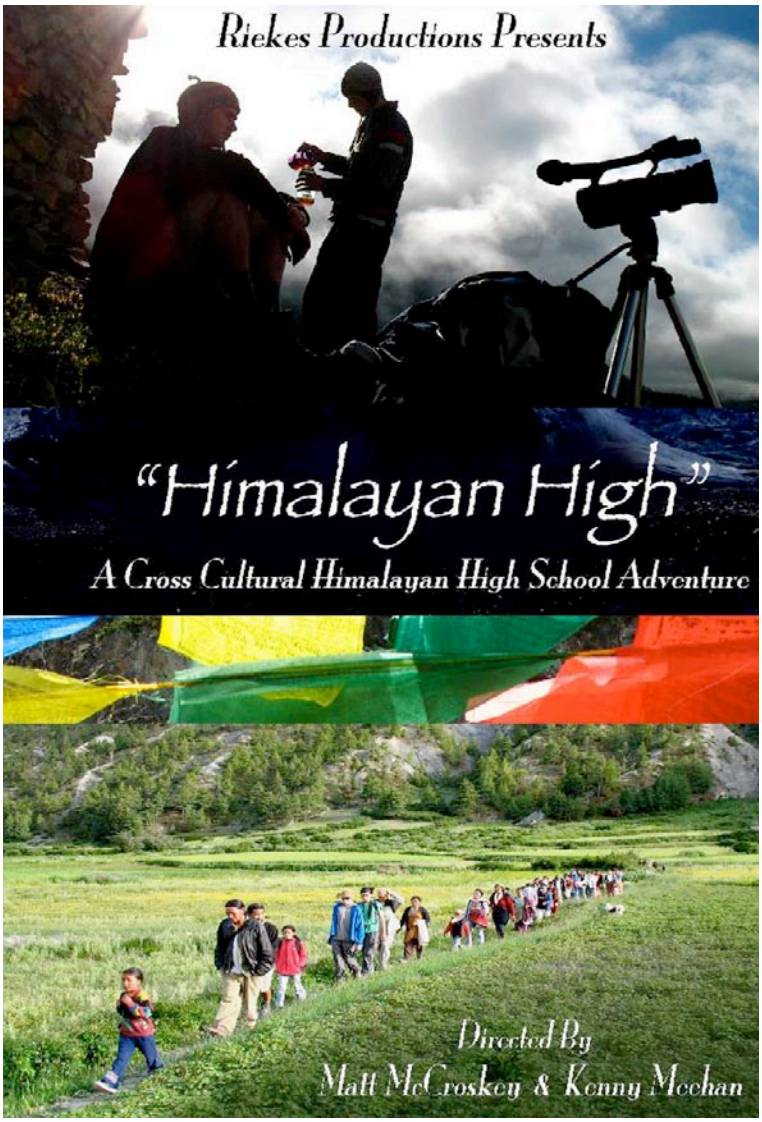
DVD Available NOW!

In July of 2006 a group of fifteen Riekes Center students had the opportunity of a lifetime. They were able to take part in a film program that taught them about much more than film and making a documentary. The "class" consisted of taking the students to Nepal for one month to visit the "highest high school in the world" and compare the lives of high schoolers there with their own lives in the San Francisco Bay Area. The journey through the Himalayas provided the students with insight into life, travel, Nepalese culture and their own characters while giving them hands on experience filming and producing a professional documentary.

For about a month and a half before leaving for Nepal the students spent time at the Riekes Center preparing for their trip. This consisted of both physical training in order to ready themselves for the high altitude hikes to come and technical instruction in film and photography. Once the training was complete the students were ready for a month in the Himalayas hiking and filming.

The result is a unique documentary that follows the students as they explore beyond the familiar suburban spread of Silicon Valley and embark on a journey to the Himalayas of Nepal. Guided by seasoned travelers and Riekes Center film teachers, the students captured their experiences on camera as they trekked towards one of the highest high schools in the world.

For a chance to navigate this foreign landscape and share in the lives of this cross-cultural Himalayan high school adventure, make sure to check out the DVD "Himalayan High" made by the film students and the Coffee Table Book "Heaven's Gate" made by the photography students. They are now available at the front desk of the Riekes Center for $35. For further information on any of our Creative Art's programs please visit www.riekes.org or contact us via phone at 650.364.2509.



HIP HOP PROGRAM HELPS STUDENT DEVELOP LANGUAGE SKILLS, VALUES AND SELF CONFIDENCE

The Riekes Center offers many ways for individuals to express themselves through Athletics, Creative Arts, and Nature Awareness. Garon Boldon's dad wanted his son to have an outlet that would help shape his identity and give him confidence – Garon chose rap music.

For many, rapping has a negative connotation, but 10 year-old Garon Bolden is looking to change all that by rapping about the positive side of life. "Rapping makes me feel good and makes me feel excited," Garon says. "Got an A last week on my spelling test/If you listen in class you may do your best." Recently, he was interviewed on 106.1 KMEL for his song "Makin the Grade." "I don't need a [gun] I don't need a blade/Gotta keep my mind on makin the grade."

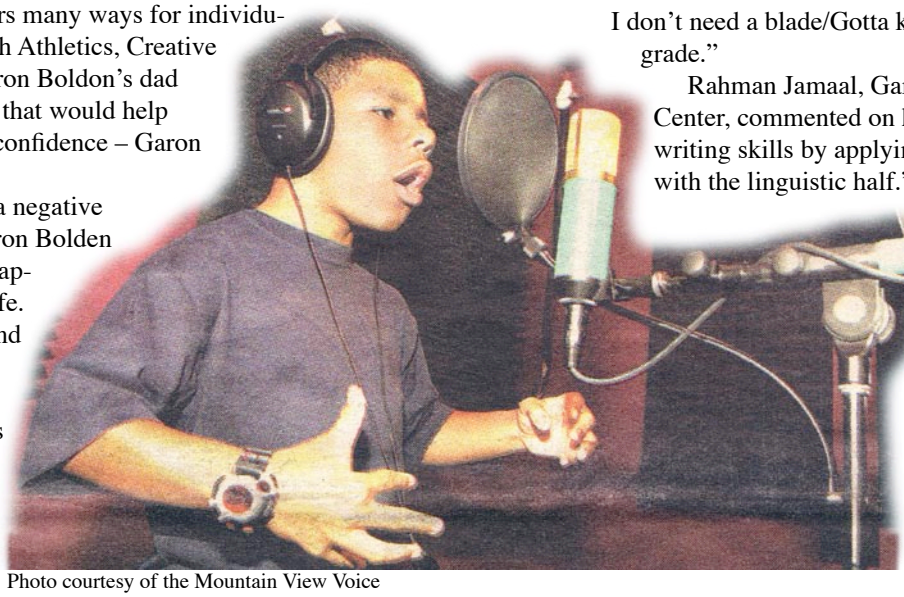


Photo courtesy of the Mountain View Voice

Rahman Jamaal, Garon's rap teacher at the Riekes Center, commented on how rap "improves reading and writing skills by applying the creative half of the brain with the linguistic half."

This young rapper is shooting for stardom and getting recognition for his ability as a local artist. Prior to visiting the Riekes Center Garon was having trouble with reading and writing at school. Now, he has not only improved his language skills, but also brought acclaim to the Riekes Center's Hip Hop program.

NATURE AWARENESS

11 YEAR-OLD STUDENT WINS PRESTIGIOUS NATIONAL ECO HERO AWARD

The story of Evan Green is best told in a testimonial written to Gary Riekes by his mother Lisa:

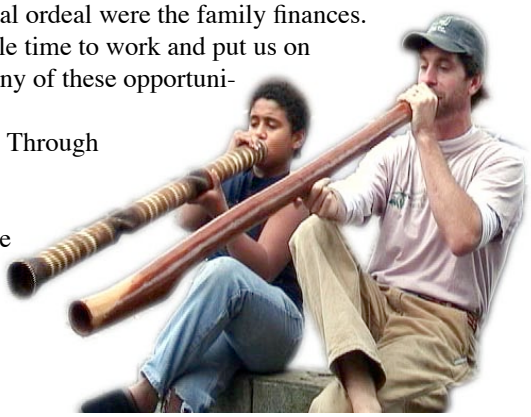
Dear Gary Riekes,

I am writing to you to say thank you for the wonderful experiences you and your staff are providing for my son this year. My eleven-year-old son, Evan, has had years of serious illness that has influenced his goals and perspective in both negative and positive ways. Though he has a great sense of humor and loves to play and run and climb, he is also very goal oriented and very motivated towards success.

Evan wants to be taken seriously. He wants to be trusted and respected for his merits, he says, "even though I'm just a kid." This is the special magic of the Riekes Center. For Evan, the Riekes Center has been a gateway to opportunity. Evan loves nature, film, conservation, science, music and community service. He looks for mentors and opportunities to mentor as well.

At the Riekes Center, when Evan has an idea, his mentors listen and then help him find a way to make his idea work. Evan is learning the skills of learning; planning, perseverance, play, cooperation. He is learning about his worth in a community as well as the worth of others.The high quality of the equipment and instruction at the Riekes Center allow Evan to truly explore his potential. The "Yes" attitude, and the sensitive and responsive nature of the staff has allowed Evan to take his many diverse interests and begin to integrate them into a creative and educational life that works. During his medical ordeal Evan's ability to trust was more wounded than his body. This was the hardest thing for me to watch. I was at a loss to help. The Riekes Center has been the only therapy he needed.

As a mother I am watching my son come out of his shell and begin to trust others. I believe this is because honest communication, trust, and respect are cornerstones of the Riekes Center philosophy.Also damaged by Evan's medical ordeal were the family finances. As a single mother, I needed to stay home with Evan and manage his health concerns. This left little time to work and put us on welfare. The financial aid offered by the Riekes Center is the only way that Evan could have had any of these opportunities.



Evan is already giving back. He has founded an international conservation team for kids. Through the Riekes Center's mentoring, Evan has launched his team, the Red Dragons, produced a video he will take into schools to inspire other kids, and is learning how to build and manage a web site that will reach kids all over the world. The pledge on the Red Dragons membership card says: "I pledge to be kind to all, live beyond myself, give what I can, take care of the EARTH, and not expect myself to do it alone." The Riekes Center is a perfect match. It has blessed our lives.

I can only say THANK YOU!

Sincerely,

Lisa A. Green

NATURE AWARENESS AND DECISION EDUCATION THRIVE AT EPACS

A piece of bone sticks out of the pickleweed on the National Wildlife Refuge that surrounds the South San Francisco Bay. A seventh grade student from East Palo Alto Charter School (EPACS) reaches down and proudly displays it to Mark, Riekes Center Nature Awareness instructor. "What do you think it is?" asks Mark. Another student approaches and after a discussion on morphology, they conclude that it's likely a California Ground Squirrel leg. Eventually the group reaches consensus that a bird of prey killed the animal.

Students from the EPACS are participating in a predator-monitoring project being led by the Riekes Center's Nature Awareness Department as part of a cooperative program with the Don Edwards San Francisco Bay National Wildlife Refuge, National Nature Mapping Project, and the Decision Education Foundation. The marsh behind EPACS is one of the most productive breeding grounds for the endangered California Clapper Rail. However, little is known about the predators of this rare bird.

Students have been collecing tracking data on predators in the marsh for 4 years using an innovative software called Cybertracker. Cybertracker allows wildlife tracking data to be easily collected and links the data to a specific point on a map. The program is being used across the planet to provide land managers with important wildlife data that can be stored and used to help manage and preserve habitats. In North America, the data is being used by the Nature Mapping Project to help complete and update wildlife maps across the country.

In the fall of 2006, the students from EPACS officially adopted the trail leading into the marsh of the Refuge. They used the information gathered from their previous explorations of the marsh to develop recommendations for protecting the marsh using a model developed by the Decision Education Foundation (DEF). DEF and the Riekes Center students created a decision tree. This is the model used to develop the best possible decisions using information, values, and choices. During this process, the students not only expressed how much they valued their local landscape, but also created recommendations on ways to encourage the public to keep the trail clean. They also added signs to inform people about the animals and habitat that live in and around the marsh.

After four years of tracking animals in the marsh, we are just beginning to understand some of the mysteries found there, and like a giant puzzle, we are slowly putting together connections between the animals and the landscape they call home. Our hope is to continue this project this fall and into the distant future. Riekes Center is proud to be a part of this program among many other programs active at the Riekes Center.

RIEKES CENTER UPCOMING EVENTS

FEBRUARY

Thursday Feb. 7 - Creative Arts Recital 7:00pm
Sunday February 10 - Nature Awareness Community Supported Awareness Series: Cybertracking
Saturday Feb. 16 - U.S. Equestrian Training Clinic for World Championship Vaulters

LOOKING AHEAD

CREATIVE ARTS SUMMER CAMPS:

Rock Camps:
June 23rd-27th, July 14th-18th and August 4th-8th

Black & White Photography Camp:
July 14th-18th

Film Camps:
July 7th-11th - Youth Film Camp
July 14th-18th - Teen Film Canp
July 28th-August 1st - Intermediate Film Camp
August 4th-8th - Advanced Youth Film Camp
August 11th-15th - Advanced Teen Film Camp

Art Camps:
June 23rd-27th - Comic Book Art Camp
August 4t -8th - Sculpture Camp

Hip-Hop Camp:
July 14th-18th

UPCOMING NATURE AWARENESS CAMPS:

Nature Awareness CSA Series:
March 15 - Art of Invisibility

Yosemite Spring Break Expedition:
March 17 - 21

Nature Awareness CSA Series:
April 19 - Plaster Tracking

Nature Awareness CSA Series:
May 17 - Wild Edibles

Nest to Fledge
A Natural Immersion for the Young at Heart:
15 Wednesdays - February 6-May 21

Wilder Nature Preteens:
15 Thursdays - February 7-May 22

Survival Saturdays:
7 Saturdays - Feb 9 & 23 Mar 29 Apr 12 & 26 May 10 & 24

The Quest Program:
June 2-6