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Band members from left: Dorothy Watson, Dean Myatt, Erick Eckstein, Jane Daniel and Ric Hattabaugh are happy to "represent" Moraga, even with a lack of listeners. Photo Andy Schreck

Moraga Band Wins Contest, Kicks Off Festival

By Cathy Tyson

Moments before Moraga band littedog2 was about to take the stage at the Art and Wine festival, the ominous sky served up an appetizer of sprinkles, building to a hearty entree of downpour. The band was able to perform an energetic rendition of "Pink Cadillac" despite the precipitation, appropriately followed by "The Rain King." After completing only a handful of songs from their playlist, singer Dean Myatt announced,

"We're going to pause momentarily so we don't blow up" – folks in charge of the amplification were concerned that the quintet could get an electrical shock and the equipment could short out. Despite the dreary weather and the rain out, band member Ric Hattabaugh made the best of it, noting the group are all friends and share a common passion for music.

The popular festival has historically had fantastic weather,

but this year, rain kept crowds at home on Saturday to the dismay of vendors who set up shop along Mt. Diablo Boulevard. This was littedog2's debut performance in Lafayette, the band recently won the "Classic Covers Cup" competition hosted by Red House Studios in Walnut Creek, winning this gig at the Art and Wine Festival, along with bragging rights.

... continued on page A12

Advertising

Quote of the Week:

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ALAIN PINEL

Training Tomorrow's Leaders

By Sophie Braccini

It often happens that great ideas evolve from random circumstance. Maura Wolf, of the Saint Mary's College Leadership Center, lives in Moraga next door to Cathy Harris, who is the daughter of Edy Schwartz, former president of the Moraga Chamber of Commerce. In the fullness of time, this led to meetings with Jill Keimach, Moraga's town manager, and to brainstorming about how to involve and inspire the next generation of local leaders. Their ideas translated into a three-part leadership seminar series – the first, which will be held on Thursday, Sept. 26, is titled, "Increasing Engagement and Deepening Commitment." It is free to all registrants.

The purpose of the seminar series is "to expand the capacities of people who want to lead locally," says Wolf. "Those who come can be people already in leadership positions or not." The training is part of the mission of the college's Leadership Center.

"The workshop will be very interactive," explains Wolf. "People will be encouraged to express their personal vision for the town. We will also shed some light and awareness on the barriers that are holding people and organizations back; step

back and look at what is happening in the system; where are the road blocks and how we can move forward in a more collaborative, more effective way." The two following Thursdays encompass "Cultivating a Vision with your Organization and Connecting the Dots with Possible Partners," and "Working with Conflicts and Hot Topics in New and Creative Ways."

"This is critical for Moraga," says Keimach. "What we want is to train current and future town leadership to be able to resolve conflicts at a highly functional level and get better answers." Keimach has invited all of her department heads to participate in the series, as well as members of the town's commissions, committees and foundations. But Keimach wants to also reach residents who may not currently be involved but are interested in learning to communicate their vision so others can hear it.

The town manager is grateful for the college's generosity in organizing this workshop for free. "The Leadership Center has been wonderful taking the lead on this," she says. "They do this kind of training professionally and we are anticipating a

very high quality experience."

Wolf explains that the sessions will be beneficial to people in their everyday lives as well. "The nature of leadership is changing," she says. "We need to have both a long term vision and the adaptability to be able to respond to changes as they rapidly emerge." She believes that the world is calling for new, more collaborative, less hierarchical ways and people need to be trained in order to adapt. "Nowadays it might be much more effective to have a one-year experiment and be responding to what is occurring in the moment as opposed to continuing to wonder what's going to happen," she adds.

If you're interested, you may attend one, two, or all three evenings. To register for the free workshops send an email to Wolf at maurawolf@aol.com. The meetings will be held from 7 to 9 p.m. at the Serbian Church meeting room, 1700 School Street, Moraga. For information about the Saint Mary's College Leadership Center, visit <http://www.stmarys-ca.edu/leadership-center/about-the-center>.

LAMORINDA WEEKLY

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Life in Lamorinda B1-B12

Meet the Idols

Clare Varellas chats with two of this year's Lamorinda Idols - page B1.



Sports C1-C3

Girls' Tennis in Full Swing

Catch up on the rivalry action with Marissa Harnett - page C1.



Our Homes D1-D12

Over the Rainbow

Cathy Dausman visits an Orinda artist in her colorful home - page D1.



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Lafayette Civic News

Public Meetings

City Council

Tuesday, Oct. 15, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Monday, Oct. 7, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Sept. 30, 7 p.m.
Lafayette Library & Learning Center,
Arts & Science Discovery Center,
3491 Mt. Diablo Blvd.

Check online for agendas, meeting notes and announcements

City of Lafayette:

www.ci.lafayette.ca.us
Phone: (925) 284-1968

Chamber of Commerce:

www.lafayettechamber.org

School Board Meetings

Acalanes Union High School District
Wednesday, Oct. 2, 7:30 p.m.
AUHSD Board Room at 1212
Pleasant Hill Road, Lafayette
www.acalanes.k12.ca.us

Lafayette School District

Wednesday, Oct. 9, 7 p.m.
Regular Board Meeting
Stanley Library
3477 School St., Lafayette
www.lafsd.k12.ca.us



Lafayette Police Department Crime Statistics

Sept 1-8

Alarm Responses (37)

Traffic Stops (88)

Injury Accident

Condit Rd/Pleasant Hill Rd

Burglaries

- Auto Mt Diablo Bl (3)
- Stolen Vehicle Mt Diablo Bl (2)
- Residential Moraga Rd

DUI

Central Lafayette exit/Hwy 24

Forgery Mt Diablo Bl

Hit & Run

Pleasant Hill Rd/Springhill Rd
Ivanhoe Av/Reliez Valley Rd
Mt Diablo Bl
Pleasant Hill Rd/Springhill Rd
Old Tunnel Rd/Pleasant Hill Rd

Marine Moving Citation

address unavailable

Promiscuous Shooting

Green Valley Dr/Pleasant Hill Rd

Reckless Driving

Mt Diablo Bl/Pleasant Hill Rd
Pleasant Hill Rd/Springhill Rd
Hwy 24/Pleasant Hill Rd
La Canada Rd/Reliez Station Rd

Theft

- Petty Mt Diablo Bl (2)
Black Hawk Rd
- Grand Mosswood Dr

Vandalism

Nogales Ct

Surprise, Positive Budget Adjustment

By Cathy Tyson

As any local realtor will attest, prices in Lafayette for homes have been going up, to the tune of 5.8 percent more than was anticipated on property tax rolls. According to the County Assessor's office, cities throughout Contra Costa County showed an increase in assessed value, from a low of 1.85 percent in Hercules to a whopping 14.61 percent in Richmond. Lafayette's portion of that revenue, which trickles down to city coffers, translates to an extra \$150,000 that wasn't anticipated.

"We estimate expenses aggressively and revenues conservatively," explained city manager Steven Falk

at a recent city council meeting. "Property tax revenue came in much higher than anticipated." Staff had some items on the city's wish list for this pleasant surprise, and suggested the City Council take a look at: increasing the rate of sign replacement, slide repair and alternative staffing for the Public Art Committee.

Accelerating the street sign replacement project could potentially garner better pricing from contractors. Discussed during May budget talks in response to new regulations by the Federal Highway Administration that require easier to read, more reflective signage be installed, volun-

teers came together to decide color and type font to be used on improved uniform signs throughout the city. Originally the plan was to replace the signs one zone at a time to spread the cost out.

Staff also suggested funding a landslide repair, with the cost being shared 50/50 with Moraga, that the downhill homeowner would like to complete before the rainy season.

Wear and tear, along with roughly 30 years of rain on the hilly terrain above Moraga Road, have taken a toll on a Lafayette-owned drainage easement across a Moraga Road property created in the 1970s

that connects with a similar easement across the city limit in Moraga. There's been substantial erosion and failure of a drainage channel; in addition, the canal impacts a trail that crosses the easement. Estimates from contractors are being formulated, but the approximate share for each municipality is expected to be less than \$75,000.

Finally, shuffling the staffing of the Public Art Committee liaison was discussed, moving responsibility from a Senior Planner to the manager of the Lamorinda Bus Program. With minimal dialogue, all three recommendations were approved.

First Step of City Review of Terraces Project

By Cathy Tyson



View of main entry on Pleasant Hill Road

Image provided

Confucius allegedly said the journey of a thousand miles begins with a single step. After going through a lengthy, expensive process to produce an environmental impact report, which was recently certified, the Terraces of Lafayette project commenced winding its way through the city's review process that includes the

Circulation Commission, Design Review Commission, Parks, Trails and Recreation Commission and finally the Planning Commission.

Transportation issues surrounding the project and dealing with impacts on the existing bottleneck that is the Pleasant Hill Road and Deer Hill Road intersection is the circulation

commission's task. As the developer O'Brien Land Company's architect and traffic engineer made their case, audible chuckles and murmurs could be heard throughout the auditorium.

It's no secret that the proposed 315 unit multi-family project is not popular with residents. Indeed a parade of citizens came forward at this

first meeting to testify about the negative impacts of the 14 apartment buildings, which if approved would dot the hillside near Acalanes High School.

One of the key concerns is the significant and unavoidable impacts due to increased traffic on Pleasant Hill Road. News to many residents is the Lamorinda Action Plan that assesses regional transportation issues within Lamorinda and has policies and objectives – one crucial aspect, especially with regard to this development, is the gateway constraint policy. Required by Measure J, it identifies and limits the number of vehicle lanes for arterial roads.

Senior Planner Greg Wolff pointed out at the end of the very long meeting that the applicant (O'Brien) has stated that the city is using stop signal timing to implement the gateway constraint policy. He wanted to make it clear that according to the city engineer, "that is not the case."

Developers of the Terraces project have proposed adding a lane to ease congestion on a portion of Pleasant Hill Road.

... continued on page A8

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Brill to Leave Lafayette

Art Kapoor, president of the Lafayette School District governing board, announced with regret that the superintendent of the Lafayette School District, Dr. Fred Brill, will be leaving his position shortly to move to the San Lorenzo Unified School District. Although he had been superintendent for a handful of years, Brill also worked as the assistant principal and principal at Stanley Middle School. "He served during the 'Great Recession,'" said Kapoor, "and led the District through challenging budgeting processes." He added, "We appreciate his many years of service to the District, and we wish him well in his new position.

He'll be sorely missed." At a closed session meeting Sept. 19 the school board met to discuss hiring a new superintendent. Brill will start at the San Lorenzo district in early October. At his new position, Brill will be overseeing the educating of children in grades kindergarten through high school within the district that includes Hayward, San Leandro and San Lorenzo. Brill will act as superintendent of nine elementary schools, three middle schools, five high schools, one adult school and an alternative school for middle and high schoolers called the District Independent Contract Education program. *C. Tyson*

More Lafayette Civic News on Page A8

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- (Third row l-r): Ben Olsen, Sue Olsen, Tara Rochlin, Jaime Roder, Altie Schmitt, Judy Schoenrock, Ann Sharf, and Molly Smith
- (Fourth row l-r): Amy Rose Smith, Jeff Snell, Lynda Snell, Clark Thompson, Angie Evans Traxinger, Ignacio Vega, Terri Bates Walker, and Ann Ward
- (Bottom left): Dan Weil and Margaret Zucker



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Moraga Civic News

Public Meetings

Town Council

Wednesday, Sept. 25, 7 p.m.
Wednesday, Oct. 9, 7 p.m.
Joaquin Moraga Intermediate School,
1010 Camino Pablo

Planning Commission

Monday, Oct. 17, 7 p.m.
Moraga Library, 1500 St. Mary's Rd.

Design Review

Tuesday, Oct. 15, 7 p.m.
Moraga Library, 1500 St. Mary's Rd.

Check online for agendas, meeting notes and announcements

Town of Moraga:

www.moraga.ca.us
Phone: (925) 888-7022

Chamber of Commerce:

www.moragachamber.org
Moraga Citizens' Network:
www.moragacitizensnetwork.org

School Board Meeting

Moraga School District

Tuesday, Oct. 8, 7:30 pm
Joaquin Moraga Intermediate School Auditorium
1010 Camino Pablo, Moraga
www.moraga.k12.ca.us
See also AUHSD meeting page A2



Police Report

Omery teens, 9/17/13 A frustrated Walford Drive mom called the cops because her teenage boys were refusing to go to school. When an officer arrived, the older boy had gone to school but his 13-year-old brother refused to get out of bed. Apparently the police person did the trick, the young man was advised to get out of bed and go to school, and he complied.

Graffiti at the skate park, 9/17/13 A Moraga public works employee alerted cops that there had been a semi-rural non-approved art project at some point during the night in the skate bowl and surrounding area. No witnesses or leads at this time, also no word on the language or style of the unauthorized "art work." Total cost to remove the graffiti is estimated at \$500. There must be a cheaper way to express one's creativity.

Car window smashed, 9/16/13 The rear driver's side window of a white Ford Focus was smashed at the small parking lot near the Common's Park on St. Mary's Road. The owners were surprised at the damage, since they had just left it there less than an hour before. Nothing appeared to have been taken from the vehicle.

Embezzlement, 4/01/12 A Moraga business owner wished to report the theft by embezzlement of consumable goods by a previous employee. The owner stated that over a 6-month timeframe, from April to October of 2012, the employee is suspected to have stolen approximately \$16,000 in food and alcohol. The owner had no explanation about the delay in reporting the thefts.

Mature D.U.I. 9/15/13 Call it not-so-happy hour, at 7:20 p.m. police contacted a 44-year-old woman from Lafayette after a citizen reported that the subject's driving behavior was erratic. A cop tailed her driving through the Rheem Shopping Center prior to making contact. Her breath and inability to maintain balance were additional red flags. Not surprisingly, she submitted to field sobriety tests that showed a blood alcohol content of 0.20.

Doorbell ditch, 9/13/13 Police responded to a Fernwood Drive home on a report of an unknown subject ringing the doorbell at midnight. An investigation revealed that kids in the area were playing doorbell ditch; the rapsallions were located and returned to their host's home to continue their sleepover. No arrests were made.



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Moraga Town Council Tonight: Hillsides, Ridgelines, Pipes

The Moraga Town Council has a full agenda tonight, Sept. 25, which includes a perennial hot topic: a study session on potential areas of revision to regulations governing developments on ridgelines and hillsides.

This discussion is an early step in a process that could eventually lead to

revisions to the town's Municipal Code, which could have profound consequences on future development in Moraga. It may also include the topic of a moratorium on already-approved projects such as the Hetfield and Rancho Laguna developments.

No regulations will change Sept. 25. If the Town Council decides to review

the rules, it is likely that the next step will be a series of Planning Commission work sessions.

The Town Council will also discuss the repair of a failed storm drain located in both Moraga and Lafayette. After months of research to figure out which easements belonged to whom, the two cities came up with a repair

plan and an agreement to split the cost. Edric Kwan, public works director, believes that this issue is reflective of an infrastructure that is in dire need of maintenance, which is why he is conducting a pipe study. "Roads are just the upper layer of the problem," he says. "I'm afraid of what we're going to find underneath." *S.Braccini*

Planning Livable Moraga Road - A Community Effort

Moraga's planning staff invites residents to "walk the talk" on Saturday, Oct. 5 from 9 a.m. to noon by joining a bike/walk (or shuttle) exploration of the Moraga Road corridor. It's an opportunity to offer input on how to improve the livability, functionality and character of one of the town's main thoroughfares.

Participants in this unconventional workshop will meet at 380 Moraga Road, SMC's Rheem Campus Building (near Round Table and 24-Hour Fitness). The project team will take the group on an interactive, multi-stop tour to share observations and ideas about Moraga Road between Rheem Boulevard and Moraga Commons Park.

The tour will be preceded by a public introduction of the project and team members on Thursday, Oct. 3 from 6:30 to 8:30 p.m. at the Hacienda de las Flores, 2100 Donald Drive. Attendance at this presentation is not a prerequisite for the walking tour.

S. Braccini

Moraga Revisits Sign Ordinance

By Sophie Braccini

At the last session of the Design Review Board on Sept. 9 Shawna Brekke-Read, Moraga's planning director, stated that a review of the town's sign ordinance had become the highest priority.

This declaration came as new signs were discussed for Wells Fargo and Union Bank in the Moraga Cen-

ter and the weakness of the current code was made painfully clear when board members could not arrive at a decision using the existing language.

Revising the sign ordinance will be a long process. In the meantime, steps will be taken to amend the temporary sign rules and the board asked that the owners of the local shopping centers de-

fine a master sign plan prior to accepting new signs from different tenants.

Wells Fargo was looking for approval of a new commercial sign and ATM along Moraga Way. The bank, located on a property owned by the Bruzzone family but not technically part of the Moraga Center, had no problem getting approval for its sign.

Union Bank however, while located not far from Wells Fargo, is part of the Bruzzone-owned Moraga Center and is set back 300 feet from Moraga Road. It was seeking approval for a monument sign (a sign set into the ground with low overall height) along the arterial to increase visibility.

... continued on page A11

Signature Homes Goes the Extra Mile for Via Moraga

By Sophie Braccini

According to Moraga Planning Commission chair Frank Comprelli, it is rare that a developer spends so much time in preparation work before the plans for their projects are submitted to the Planning Commission. Since 2011, Signature Homes has been working with staff and the Planning Commission in a number of study sessions, including two joint meetings with the Design Review Board, to consider proposals for a residential development now called Via Moraga on the former bowling alley site at 489 Moraga Road across from the Rheem Center.

Signature Homes also invited planning commissioners to visit local sites that have similarities to the Via Moraga project. The result is that commissioners appeared very supportive at their Sept. 3 meeting and although some questions still need to be answered, it appears likely that the project will move forward.

"The main takeaway (of the visits) was that it was tremendously helpful to be able to see similar construction projects in comparable surroundings to what is proposed for Moraga," said commissioner Teresa Onoda. On the 2-acre lot that lies between AAAAA Rent-A-Space and Rheem Veterinary Medical Hospital, Signature Homes is proposing 18 single, two-story detached family homes on lots no larger than 3,400 square feet. The challenge for commissioners was to visualize the impact on the scenic corridor just by looking at maps and drawings.

The tour that Signature Homes took the commissioners on included four different sites, one in Moraga and three in Danville. "None of them was exactly what is proposed, but each had some characteristics of the project, or were an example of what should not be done, so we would be able to understand, for example, what the visual effect of a 5- or 10-foot setback really is," said Comprelli.

The Moraga site was Carroll Ranch, a small-lot duplex home community off Moraga Road next to Campolindo High School.

... continued on page A11

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Join Us for Community Workshops: October 3 & October 5, 2013

The Livable Moraga Road project is a community-based planning effort, looking at ways to improve the function, character and livability of Moraga Road for autos, pedestrians, cyclists and transit.

Thursday October 3rd, 6:30 PM to 8:30 PM

Welcome Meeting and Open House

Hacienda de las Flores, 2100 Donald Drive

Come and learn about the Livable Moraga Road project, meet the project team, and find out about opportunities to participate in this exciting project.

Saturday October 5th, 9 AM to Noon

Project Walking Tour

Meet at SMC Rheem Campus Building (380 Moraga Road)

Join the project team on an interactive multi-stop tour to share your observations and ideas about Moraga Road. Shuttle transportation will be provided, but participants are encouraged to walk, bike or carpool between stops along the 1.3 mile route. Transportation back to the Rheem Campus available at the end of the tour.

Check the project website at <http://www.moraga.ca.us/livablemoragaroad> for more information and to RSVP for shuttle transportation.

Stay tuned for information on future workshops this fall!

Questions? Please contact Ellen Clark, Senior Planner at (925) 888-7041 or eclark@moraga.ca.us.

Magic Cuts moved to Lafayette!



"After 23 years of serving the Lamorinda community in Moraga's Rheem Shopping Center, I lost my lease and we moved to Lafayette. I would like to thank all of my many loyal and dependable customers and I hope that you will give me the opportunity to continue to provide you with the best European hair care in Lamorinda!" *Ozzie*

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Pear and Wine Festival Returns

By Sophie Braccini



Poster for the 2013 festival, designed by Loretta Barra.

Moraga's 15th Annual Pear and Wine Festival is this Saturday, Sept. 28 at the Moraga Commons Park from 10 a.m. to 4 p.m. The family-friendly event will include traditional games and jumpies for the kids, live

music with DJ RyanO, wine tasting, pear pies, food tents and informational booths at which festival-goers can find out more about some of our local organizations.

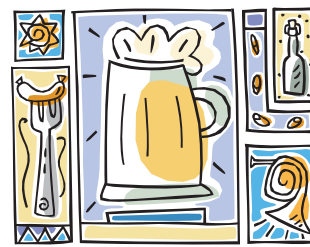
The 2014 Pear and Wine Festival Poster Contest will also kick off on Saturday. This year competition's winner is artist and 15-year Orinda resident Loretta Barra. "I saw the announcement of the competition online and sent a proposal to the Parks and Recreation Department last September," she says. "It was really fun doing it and staff told me they really liked my colors when I brought my painting in." Barra knows Moraga's scenery well - she walks the Moraga/Lafayette trail five times a week and took an art class at the Hacienda de las Flores. The painter is also a real estate agent for Coldwell Banker in Orinda. "Art is the other thing in my life that makes me happy, and brings me peace and joy," she says. A member of the Watercolor Association, she sells her whimsical art online at www.Zazzle.com/ArtSweets, including original watercolors, prints, cards, inspired by nature around her and trips she takes, such as a winter in France from which she's brought back the very successful series 'Christmas in Paris.' "I also do watercolors for my colleagues when they have a house on the market, or when their clients leave their home and want to take something of the emotion with them," she adds.

The Pear and Wine Festival also features the ever-popular pear recipe contest where local cooks are encouraged to bring their savory or sweet creations to the park in 'peary' friendly competition.

The festival is presented by the Moraga Parks and Recreation Department and supported by a multitude of volunteers.

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Thought of the Week

According to a recent Reuters report, U.S. home resales hit a 6-1/2 year high this summer as buyers flocked back to the market to lock in cheap borrowing costs, a signal of continued strength in the housing market recovery. But as we just heard from Ben Bernanke, ongoing tight financial conditions nationwide are one reason for the Fed's decision not to taper its stimulus program, a surprise to investors and economists who had expected it to scale back bond-buying. Slower asset purchases would have pushed mortgage rates even higher. So, home-buyers are still eager to buy, and with our limited but more balanced inventory, making good offers on homes that are priced to sell. Call us to find out what your home is now worth!

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Orinda Civic News

Public Meetings

City Council

Community Room, City Hall
Tuesday, Oct. 1, 7 p.m.
Auditorium, Orinda Library,
26 Orinda Way

Planning Commission

Tuesday, Oct. 8, 7 p.m.
Auditorium, Orinda Library,
26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, Oct. 9, 6:30 p.m.
Sarge Littlehale Community Room,
22 Orinda Way

Check online for agendas, meeting notes and announcements

City of Orinda:

www.cityoforinda.org
Phone (925) 253-4200

Chamber of Commerce:

www.orindachamber.org

The Orinda Association:

www.orindaassociation.org

School Board Meeting

Orinda Union School District

Monday, Oct. 7, 6 p.m.
OUSD Office, Vintage Building
25 Orinda Way, Suite 200
www.orindaschools.org

See also AUHSD meeting page A2



Orinda Police Department crime statistics for the month of September will appear in our Oct. 9 issue.

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Orinda's Housing Element Continues to Evolve

By Laurie Snyder

"... our most successful leaders have succeeded because of their devotion to the public good.... Our unique democracy—still an historical experiment—will "long endure," prosper and provide leadership only in direct proportion to the participation of all our citizens. It is that important." — Excerpt from "An Open Letter to American Citizens on Constitution Day," September 17, 2013 — Sandra Day O'Connor, Associate Justice (Ret.), and John Glenn, United States Senator (Ret.)

It seemed fitting, at the close of Constitution Day—the annual day on which America's children focus their attention on our nation's greatest, guiding document—that the Orinda City Council was in session Sept. 17 and hearing from area citizens concerned about a diverse range of subjects—safety at Bay Area BART stations, exciting plans for this year's community restaurant tour, and one resident's surprising encounter in Orinda with an assault weapon similar to the one used in the Washington Naval Yard shooting.

During the main event of the

evening, debate continued regarding the city's development of a legally required housing element. Once again, the public comment period drew nearly 20 speakers. This time, however, the tenor of the dialogue was far more civil with council members, staff and residents thanking each other for the hours devoted to reviewing and commenting on the document—text that remains in draft form despite the fact that Orinda is the only city in Contra Costa County which has not yet adopted a housing element. Failure to approve and secure state certification of this document before the end of January could derail the city's receipt of critically needed planning and transportation funds, including a potential \$553,000 grant currently being sought to fund road improvements for the Ivy Drive neighborhood.

During the City Council's most recent confab—the sixth in a series of public meetings since 2009, two possible versions of a draft housing element were presented. One was an update to the draft released by the city in June, and included adjustments following input by council members and

the public at an Aug. 20 meeting.

The other, which has been termed "the Citizens' Edit" by its creators, was presented by members of Orinda Watch (www.orindawatch.org), which has been receiving guidance from Bay Area Citizens (bayareacitizens.com), the organization being represented by the Sacramento-based Pacific Legal Foundation (www.pacificlegal.org) as it challenges Plan Bay Area.

Both drafts of the housing element are far too lengthy to summarize effectively in the short space available for this article. Readers are urged to visit the city's website to hear the meeting's audio and view both draft versions of the element and related documents.

Terming Orinda Watch's edits "very substantive," Councilmember Dean Orr pointed to entire sections of the June document that were removed when that group's members demanded that the city's housing element be advocacy neutral and only contain items that were absolutely necessary for the city to receive HCD certification.

Cautioning that there were some components to the Orinda Watch draft "which may represent the views of some citizens of Orinda but not others," Councilmember Victoria Smith suggested that further analysis by the City Council and staff be undertaken to assess which of the most recent citizen recommendations should be incorporated.

Vice mayor Sue Severson observed that the needs of seniors hoping to downsize to smaller, market rate homes rather than the affordable housing options offered for lower income residents had not yet been factored into the draft element, and should be included by staff for council members' next review.

Mayor Amy Worth concurred, stating that the document should reflect how housing is impacted as Orinda residents "evolve from a market rate income to a retirement income."

Staff will incorporate the City Council's latest directives, and will bring another revised draft element back for additional public review sometime in October.

Orinda Okays Major Study of Storm Drainage System

By Laurie Snyder



A repair crew is now working its way down to fix a failed drainage system in the Tarabrook neighborhood, which spawned a massive sinkhole last December. A new, sturdier 36-inch concrete drainage pipe will be lowered into this jacking and boring pit—a challenging 25 feet below ground—before workers tunnel and inch the pipe to its final destination. Photo Chuck Swanson

The Orinda City Council assessed, once again, Orinda's aging drainage system as it considered whether or not to award an engineering services contract to conduct a Master Storm Drainage Study at its

Sept. 17 meeting.

"The extent and locations of deficiencies within the City's storm drain system are unknown as recently made evident with the culvert failure at Tarabrook Drive during a major rain event last December 2012," according to city staff. The last time city leaders had truly fresh data was in 1994 when Camp, Dresser and McKee Inc. (now CDM Smith) prepared a storm drainage master plan.

The goal this time "is to develop a comprehensive plan for the entire city that addresses the condition of the existing storm drainage system, identifies and analyzes structural and capacity deficiencies in the City-owned storm drains, provides recommendations for future improvements, and establishes criteria for prioritizing projects," according to the staff report. The study's findings, if eventually adopted by the City Council, would be used to prioritize future improvements under Orinda's Capital Improvement Plan.

Staff interviewed representatives from two of five companies submitting bids, and recommended that the city award the contract to the highest bidder, Schaaf & Wheeler (\$249,180), because Schaaf personnel are qualified to prepare the specific

type of study needed and demonstrated that they clearly understood the city's objectives. CDM Smith, a former contractor for the city and the lowest bidder on this project (\$182,100), was not selected because "their proposal continued to focus more on the hydrology and hydraulics of the overall storm drain system, as previously detailed in their 1994 report, than a condition assessment of existing pipes."

Schaaf, a civil engineering firm with experience in flood control and drainage, has created storm drain master plans for Alameda, Santa Cruz, Livermore, and Los Altos. "Much of the Orinda system is made up of hillside ditch-culvert systems," reads the proposal. "These are in various conditions ranging from good to highly corroded. A critical component of this study will be to determine how these systems function and prioritize elements that are in critical need of repair or replacement." The company's full proposal is available on the city's website, along with the staff report.

The amount of the Schaaf contract falls within the city's current CIP budget which, when approved by council this past June, projected the need to expend up to \$250,000 for a master storm drainage study.

"It seems to me that we don't even know where all of the storm drains are," observed Councilmember Victoria Smith, who asked if the study would also help the city zero in on areas most in need of repair. Councilmember Dean Orr then asked if staff would be creating a work plan linked to the study results.

Public works director Chuck Swanson indicated that the study would certainly help city staff better prioritize and that a work plan would be developed, but also cautioned that the present degree of deterioration may be so extensive system-wide that it will take the city time to get to everything on its lengthy honey-do list.

After deliberating, council members approved the contract on 5-0 vote, and directed staff to share results of the study with members of the Citizens' Infrastructure Oversight Commission to ensure that the planning of city drain and road repair efforts is undertaken holistically.

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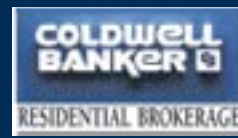
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Library Town Hall Oct. 5

“It takes just as much energy to wish as it does to plan.” – Eleanor Roosevelt

By Laurie Snyder

The Orinda Library staff want to borrow your brains – temporarily (no surgery required). On Tuesday, Oct. 5 from 10:30 a.m. to noon, staff from the Contra Costa Library System (CCLS) will facilitate a Town Hall meeting at the Founder’s Auditorium of the Orinda Community Center in order to help Orindans plan for the short and long-term health of the Orinda Library. All residents, whether regular patrons or not, are invited to participate.

County library leaders are taking this step even though Orinda has one of the highest percentages of residents possessing library cards because the last time this type of strategic planning was done was about eight years ago, and because demographics are continuing to change, as are the ways in which materials are delivered – diversifying from books and magazines to print, ebooks, DVDs, CDs, and databases and other online content accessible at onsite computer terminals.

Back in 2006 brainstorming focused on facilities, explains Orinda Community Library manager Beth Girshman. In 2013, Orinda’s Town Hall will begin with a brief presentation before breaking into table groups, each with its own moderator. Groups will consider a series of questions – about the ways in which the library should serve the larger community and how residents can work together to make those goals happen, rather than about the number of mysteries residents want to see on the shelves.

Participants will be asked to come to agreement before presenting their responses. “There will be very few questions so that there will be enough time to get into the heart of it,” explains Girshman, “to encourage in-depth conversation” about what Orindans want in a public space. “There is room for disagreement, and all opinions will be respected, captured and reported on.”

... continued on page A12

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Letters to the Editor



Share your thoughts with our community! Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence -- we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters should be 350 words or less; letters of up to 500 words will be accepted on a space-available basis.
email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Editor:

Moraga is an amazing and unique town to live in. It is a place of strong community, where kids still walk to school and the pool without their parents, and neighbors gather in the streets to chat. Diablo Magazine recently listed Moraga as a Hot 'Hood saying "Moraga has always been a market in demand, but it's more so lately with the dearth of inventory fueling interest in this tucked-away town with stellar schools and a tight-knit community." Our community takes pride in their schools and it shows. The Moraga School District (MSD) is consistently ranked in the top 1% in California. It is no wonder that when new families are asked why they moved to the area they consistently say, "because of the great schools." Over the past 5 years, school funding from the State of California has decreased more than 22%. In fact, out of the 18 school districts in Contra Costa County, Moraga is 15th in per pupil funding received from the state. The Moraga School District has managed their money well -- making cuts and utilizing its "rainy day" reserve fund to help bridge the gap. We now need additional local, community funding to maintain our school programs and quality education. On November 5th, we need to pass Measure B, a \$192 per year parcel tax for the next six years. A parcel tax is

the most stable and protected source of money. We need the community to support this because without this funding MSD will be faced with severe cuts that will affect our schools and community for years to come. The money raised through Measure B would stay in Moraga, NOT go to Sacramento. It will fund core academic programs such as math, science and technology, NOT administrative costs. It would allow students to learn in manageable class sizes, keep art and music programs and have safe, well-maintained schools. Protecting the quality of our local schools and giving the Moraga children the education they deserve is a shared, community responsibility. This is something that is important not only to the families with students in the MSD, but also every property owner in Moraga. The strength of our community (and home values) is based on the strength of our schools. As the PTA Presidents of the four MSD schools (Camino Pablo Elementary, Donald Rheem Elementary, Los Perales Elementary, and Joaquin Moraga Intermediate) we ask you to please vote YES on Measure B.

Sally Whipple, Tenaya Garrett-Salvi, Sara Mooradian, and Paul Derksen
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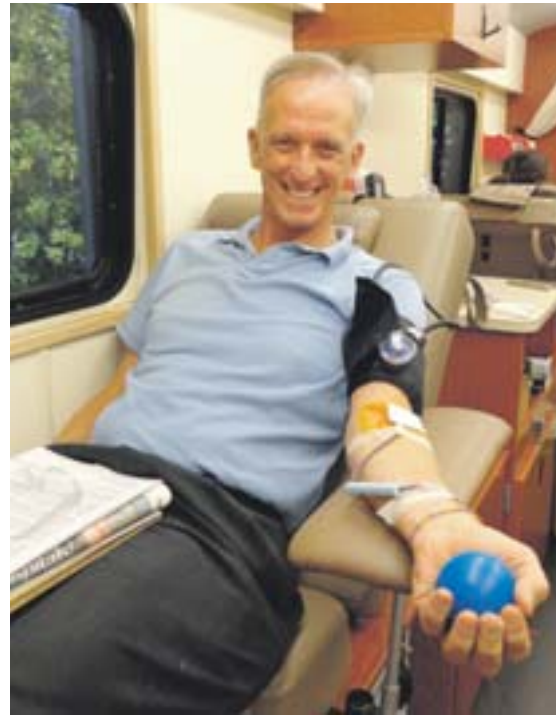
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Civic News Lafayette

City Hosts Blood Drive in Burton Valley

By Cathy Tyson



City Manager Steve Falk Photo Cathy Tyson

Phase one of Lafayette's recent blood drive proved a success, with a second date scheduled for later this week. "The vampires have landed," joked Dana Anderson, city administrative assistant, about the event that he volunteered to help organize. On Sept. 10 the tricked out, hard to miss bloodmobile was parked in front of the city

offices and humming with activity as staff collected donations from a substantial number of city workers and others. The bus will be back, this time at the Lafayette Community Center, 500 St. Mary's Road, on Friday, Sept. 27 from noon to 5 p.m.

The Red Cross got the ball rolling with the City Blood Challenge -- a contest open to cities in Contra Costa County. "We like competition," noted Anderson, who explained that one donation can save up to three lives. No word at this time which the winning municipality will be, but perhaps the tasty treats provided by Susie Cakes will provide a sugary edge for Lafayette.

While he's usually busy giving time and energy at the office, city manager Steven Falk donated the gift of life along with administrative services director Tracy Robinson who commented, with a needle inserted in her arm, that it doesn't hurt.

There's a constant need for blood, supplies are always tight, and once these donations make it through the lab process they'll be used in the next couple of days, according to one of the phlebotomists on staff.

Donors are encouraged to volunteer at the upcoming event, drop-ins are welcome, but appointments are also available -- just go to the Red Cross website at www.redcrossblood.org and in the sponsor code section, type Lafayette; the site also details eligibility requirements. It's simple, safe and the bloodmobile makes it easy. Have questions? Call 1 (800) Red Cross or 1 (800) 733-2767 for answers.

First Step of City Review of Terraces Project

... continued from page A2



Context map. Source: Google Earth Pro, 2011. Map from city staff report

In addition, they proposed several transportation related improvements: a dedicated place to drop off students, improved sidewalks, and installing a class II bike lane that buffers cyclists with a strip of landscaping between them and motorists zipping by. The city concluded that traffic is a significant impact that is difficult to mitigate, said Steve Abrams of

Abrams Associates Traffic Engineering, "but this additional travel lane provides additional capacity and improves traffic flow." He concluded that the lane would be enough to mitigate the traffic impacts of this project.

"This project spoils the site," said the first of many public speakers. "It's the wrong development at the wrong location." Other speakers spoke of pedestrian safety, children's access to play areas and much more.

Attorney Allan Moore wrapped up the meeting with a rebuttal on a conciliatory note, "We want to work with you," and explained that not everyone can afford a single-family home in Lafayette, adding that this parcel of land has been designated for high density housing for 50 years.

City staff found that neither the current plan, nor its smaller revised version called the Mitigated Project Alternative (MPA) "complies with many of the goals, policies and programs in the General Plan," so they can't recommend the project or the MPA as proposed. The staff report points out the developer could submit a revised project that would "meaningfully address the issues in the staff analysis" and reduce significant impacts to zero or near zero. The circulation commission left city staff with some questions to be answered at their next get together slated for Oct. 21 at the Lafayette Community Center's Manzanita Room.

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Breaking Up Is Hard To Do

By Nick Marnell

The nascent Lafayette Emergency Services Task Force is discovering that the questions are far more complicated than it may have realized.

In June, frustrated with the performance of the Contra Costa County Fire Protection District, the city of Lafayette formed the task force to assess alternative delivery of fire and emergency medical service to its residents. The precipitating event was seemingly the January closure of fire station 16 in northeast Lafayette, with city residents nonetheless on the hook for the full amount of the property tax allocation to ConFire.

"One-third of the city has no fire service, and that is unacceptable," said Councilmember Brandt Anderson who, along with Councilmember Traci Reilly, co-chairs the task force that includes an additional six volunteer Lafayette residents.

At the first task force meeting three study groups were formed. The fire and medical services group was to investigate the various availabilities of fire service, including partnerships with the Moraga-Orinda Fire District, ConFire or another entity. The finance group was to evaluate the long-term financial sustainability of MOFD and ConFire, and what amount of tax revenue Lafayette needs to allocate to fire service. And the process and politics group would determine what the Contra Costa Local Agency Formation Commission requires of Lafayette to detach from ConFire, and the actual process for doing so.

The task force at its next meeting unanimously adopted its so-called Problem Statement: "What fire and emergency medical services do people need? How much are they willing to pay? Are those services financially sustainable?"

The first committee reports poured in at the Sept. 17 task force meeting. And the session concluded with only more unanswered questions, mostly regarding a fire partner and the ubiquitous public pension issue.

"There needs to be some means in place to deal with this unfunded pension liability," said Andersson.

Should the city detach from ConFire, a method must be worked out with the county to allocate Lafayette's pro-rated share of the district's unfunded pension liability, which looms at more than \$400 million. "We need to go anywhere and meet with anybody to try to solve this problem," said finance group member Jim Cunha.

In terms of the structure of the new Lafayette fire service, sentiment seemed to favor a contract model. "That way we'll fund our fair share for fire service; we'll pay only what we contract for," said Cunha.

Lafayette is not unfamiliar with public safety contracts; its police protection is provided on a contract basis by the county sheriff's office.

"If we do go the contract route, who will we contract with?" asked Reilly. Possible partners mentioned by the fire and medical services group were MOFD, Cal Fire, the San Ramon Valley Fire Protection District and ConFire.

Outgoing ConFire Chief Daryl Louder indicated that he'd be amenable to serving Lafayette on a contract basis; that decision, however, rests with the county Board of Supervisors. "It makes for a cleaner system," he said.

As it is early in the potential detachment process, there was nothing new to report from the process and politics group.

With all of the possibilities for delivering fire and emergency medical service, and the many unanswered questions that have ensued, it is becoming evident that the spinning off of a subsidiary from its parent company in the public sector is an extremely elaborate and complex process.



Moraga-Orinda Fire District Board of Directors Meetings

Next meeting:

Wednesday, Oct. 2

(Go to www.mofd.org as the meeting date approaches for location and more information)

Lamorinda Fire News Briefs

By Nick Marnell

New ConFire Chief Given Heads-Up

The Contra Costa County Board of Supervisors formally approved Jeff Carman as the new fire chief of the Contra Costa County Fire Protection District at its Sept. 17 meeting. His start date was confirmed as Oct. 21.

But in a requisite sign of the times, controversy over his pension preceded the board's unanimous vote.

Because Carman worked for the City of Roseville Fire Department, and contributed to its pension plan, he will transition into the Contra Costa County Employees' Retirement Association as a legacy employee; meaning, since he was originally hired prior to Jan. 1, 2013, he is not subject to the stricter rules of the California Public Employees' Pension Reform Act. "His retirement was one issue we had no control over, and we wanted to make sure that was on the record," said supervisor Karen Mitchoff.

Rollie Katz, supervising business agent of Public Employees Union, Local No.1, groused about the vacation benefit that Carman received. "I can't remember anyone (in our union) starting with 80 hours of vacation credit, or being given seven weeks vacation when they start. It may simply be a means to enhance one's pension," he said.

ConFire has an unfunded pension liability, including other post-employment benefits, of more than \$400 million.

Moraga-Orinda Fire District Approves Operating Budget

Though the Moraga-Orinda Fire District passed a 2013-14 fiscal year budget Sept. 18 that included no serv-

ice reductions, an ominous tone emanated from board members.

The budget, prepared by interim fire chief Stephen Healy and new administrative services director Gloriana Sasser, forecast an operating loss of \$950,000 and a capital loss of over \$500,000. As a result, the district will dip into its reserve fund for the third consecutive fiscal year, dropping the fund to approximately \$1.2 million.

District revenue increased thanks to projected higher property tax receipts and as a result of an award granted by the Federal Emergency Management Agency to fund four firefighter positions. The hiring of the new firefighters is forecast to reduce district overtime charges by more than \$700,000. However, contributions to the employee retirement fund increased to more than \$3.3 million.

The capital budget was most affected by the purchase of the property to be used for potential fire station 46. The district's purchase of the \$1.2 million parcel at 1035 Lorinda Lane in Lafayette closed in July.

As director Steve Anderson pointed out at the recent finance committee meeting, these losses are not sustainable by the district. "We need to do something different," said board president John Wyro.

The retirement charges foisted on the district by the Contra Costa County Employees' Retirement Association will increase another \$2 million in fiscal year 2014-15. "These changes wrought by CCCERA need to be responded to," said director Fred Weil. "What are we going to do structurally?"

The board scheduled a community budget workshop for Oct. 2, in order to seek public input for changes to be made in district operations. "The things we are considering are significant," said Anderson.

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Community Service

Local Residents Participate in Annual Congo Swim

Fundraiser benefits sexual abuse victims of the Congo, raises awareness

Submitted by Bobbie Dodson



Survivor Coco Ramazani gives Keris Dahlkamp a congratulatory hug at the completion of his 22-mile swim. Photo provided

Canyon resident Keris Dahlkamp cites as his reason for establishing the Congo Swim, which raised funds for Friends of The Congo and Global Fund for Women, "If it were my wife, mother or daughter being violated, I would hope that those who could do something would do something." He went on to say, "We must launch out into the deep. Please join me."

And join they did – to do something about this humanitarian crisis. Swimmers from all over the world participated in the Congo Swim, from swimming laps in a community pool to joining Dahlkamp in Lake Tahoe. The ministerial staff of Lafayette-Orinda Presbyterian Church, Peter Whitelock, Judy Durff and Gerald Chinen added to the effort. Dahlkamp's personal commitment was to swim the length of Lake Tahoe, 22 miles, which he accomplished in 14 hours.

A pilot boat and two kayaks accompanied Dahlkamp from the time he entered the water shortly after midnight. Because of a shoulder injury, he swam the first eight miles only kicking to maintain his shoulder strength for the last

part of the event. The strategy worked, though nearly was compromised when a curious couple paddled their kayak toward the swimmer; were overwhelmed by the power of the waves; were unable to stop; and bumped into Dahlkamp's head. Fortunately, he was unhurt and a few yards later he waded ashore at Kings Beach, arms held high in triumph, where he was engulfed by well-wishers.

Carolyn Bauer, who was aboard the pilot boat, explained how they kept in close contact with Dahlkamp, monitoring his condition and what he should eat. "We gave him hot water for core warmth, roasted potatoes for calories, salt capsules, regular water, and extra nutritious Clif Shot Blok bars for endurance. She continues, "I jumped in the water and swam for a while. It gave me total respect for the 'real' swimmers who paced him for two hours at a time. They began at 6 a.m. and the first in the water was the niece of Orindans Melissa and Gareth Creasey, Lonie Harris, who came from London to join the team.

A touching moment came when, sitting in the pilot boat, Coco Ramazani, a survivor of sexual abuse in Congo, wrote on a rock words about what she had endured then threw the rock into the water as a way of releasing her pain.

Rena, Dahlkamp's wife, was in one of the support team kayaks. Their two children Rio, 7, and Magdalena, 5, watched their dad take off near midnight, rode on the pilot boat for a while, and were at the shore at King's Beach to greet him.

Dahlkamp's mother, Maria Rosales, who swam a short distance with her son in the chilly waters of Tahoe, said, "It gives me goose bumps to think of the memories my grandchildren will have of the Congo Swim. Certainly they will be proud of what their father accomplished for the very needy in the Congo.

"Hundreds of thousands of women and children in eastern Congo have endured sexual violence. It is a tragedy of epic proportions," Rosales explained.

For more information, visit www.congoswim.org. "Tell This to My Mother" by Joseph E. Mwantuali, is based on Coco Ramazani's true story and available through Amazon Books.

A Decade of Giving Children a Chance to Become Healthy, Aging Adults

Submitted by Susan JunFish and Moon Pak, Parents for a Safer Environment



From left: Shirley Shelangoski of Pleasant Hill, Ashley Jang of Campolindo High School, and Elyse Kedzie, Head Royce High graduate from San Ramon, at the Parents for a Safer Environment educational booth at the John Muir Earth Day Festival. Photo provided

It's not the first thing on our minds when we go to work, school or eat out, but have you ever wondered what kinds of chemicals we may be exposed to during our daily activities? Most of us don't because they are usually applied in our absence but research is showing that pesticide exposure is linked to many health problems.

Decades of studies have shown that pesticide exposure is linked to chronic asthma, several types of cancers, birth defects, learning disorders and dementia, according to the California Department of Public Health. More recent human tissue culture

and animal studies are also linking very low levels of commonly used pesticides to hormone disruption, which can lead to obesity and other metabolic disorders, diabetes, and cardiovascular problems.

The good news is that there are safer alternatives to pesticides which are more effective and can cost less.

On Oct. 1, Parents for a Safer Environment (PfSE) will be offering a workshop to the larger community to celebrate its 10-year anniversary of protecting people, wildlife and the environment locally, regionally, and state-wide, and to discuss least toxic alternatives for controlling six of the

most common pest problems: burrowing and structural rodents, small animals, weeds, insects, rats and termites. The workshop, held from 8 a.m. to 5 p.m. at the Hacienda de las Flores, is co-sponsored by the Town of Moraga, which has the only organically maintained public parks system in Contra Costa County and was given the American Public Works Association's Sustainability Award in 2013.

Under the guidance of PfSE, the Moraga School District and the Town of Moraga passed protective, pest control "IPM" policies in 2005 and 2006.

Eight continuing education units (CEUs) are available for pesticide applicators, a change from the pesticide industry sponsored events. At check-in, carpoolers will receive free pest control products of their choice at the door. A complimentary breakfast will be provided from Whole Foods, and registrants will also enjoy an organic lunch and fruit tasting all day courtesy of Ken's Organic Produce, a favorite vendor at the Moraga Farmer's Market. The workshop's registration deadline is Sept. 26 (online at www.pfse.net). Cost for the full-day event is \$50.

If you would like to get involved, PfSE welcomes volunteers to participate in exciting projects. Visit www.pfse.net or contact Lysle@pfse.net for more information.

Grandparent's Day at Moraga Royale

Submitted by Jessica McCormick



Moraga Royale invited friends and family to join them for their 7th annual Grandparent's Day celebration Sept. 7 – a fun-filled day of barbecue, snow cones, pony rides, a petting zoo, and carnival games that helped to raise funds to benefit the Alzheimer's Association and Moraga Royale's donation for the Walk to End Alzheimer's in Walnut Creek next month. Pictured is resident Don Wade "clowning around" with staff member Jessica McCormick.

Photo provided



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Civic News Moraga

Moraga Revisits Sign Ordinance

... continued from page A4

Sign designer Robin Esquivel, who has been working with the town since January, explained how new requirements had been given to her over the 9-month period only to end in a hearing at which nothing was resolved.

Former Chamber of Commerce president Edy Schwartz made a passionate plea to have the town's sign rules revised. "We need to look at the sign ordinance in a much broader way because the town, the residents, and the businesses have changed," she said. "A monument sign could really improve the Moraga Center...I hope that you realize how important this is."

Board chair Ben Helber noted that new businesses need a sign plan that describes the type, size and style of the commercial signage when they get their

approval. When it was constructed, the Moraga Center didn't need one; but board members felt reluctant to agree with a monument for one business when a comprehensive plan was not in place for the entire shopping center. "Let the property owner prepare a master plan for the signs in this shopping center," said Helber. "It won't happen unless we demand it now."

Esquivel noted that the bank had no leverage to insist that the property owner develop a master sign plan now, but board members decided that such a plan would avoid the granting of piecemeal authorizations to different businesses in the same shopping center and that once a master sign plan is approved, each business could get administrative approval for its individual signs.

Signature Homes Goes the Extra Mile for Via Moraga

... continued from page A4

The density of Carroll Ranch is a little less than the new project, but "it was useful to see what the development becomes after a few years when the landscape has matured," noted Comprelli.

Kenwood Lane, Cedar Hollow and River Rock in Danville are all small-lot, single-family detached homes with relatively similar density, including, or not, some of the features that Via Moraga proposes. "My takeaway from the tour was what some of the variations are, and I hope we capitalize on the things the other developments did right," said Onoda, "for example sidewalks, curves in the entrances, variety of models, and since Via Moraga is the only development situated across from a shopping center it must be very pedestrian and bicycle friendly."

Some of the elements brought forward from previous iterations of the project were well received by commissioners, including sidewalks, two-car garages with driveways, and variety designed to avoid the 'wall of homes' effect.

But some elements are still unresolved. Christine

Kuckuck, one of only three commissioners who were present at previous sessions, confirmed her preference for a single entrance to the project that would, according to her, minimize the visual impact on the scenic corridor and create more of a village feeling for future residents.

All of the commissioners highlighted the importance of finalizing a traffic study to answer questions such as: Where should pedestrians cross Moraga Way to go to the shopping center or come home from the bus stop? Should residents be permitted to turn left while exiting the project? The number of guest parking spaces also needs further review.

"Questions remain and will need to be answered," said Comprelli, "but this is a perfectly appropriate type of development along Moraga Road and across from the shopping center. They have the right mix and the right density." The application process will probably take several more months; it may be a few years before the new homes are on the market.

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MOFD Responds to Rainy Highway 24 Accident

By Nick Marnell

The rainy season arrived Sept. 21 in Lamorinda, and with it came an eerie flashback for the Moraga-Orinda Fire District.

At approximately 10:45 a.m. MOFD responded to a single vehicle accident on Highway 24 eastbound, just past the Caldecott Tunnel, before the Wilder exit. A car had crashed into the center divider. Two engines, an ambulance and battalion chief Jerry Lee arrived shortly on the scene.

Ten months ago, three MOFD firefighters were seriously injured when an out-of-control vehicle crashed into them at nearly the same location, under almost identical circumstances. "All of the guys on the

shoulder, "the new policy diverts traffic into lane number three," he said. He also praised the coordination of the effort between the district and the California Highway Patrol.

"During inclement weather, the eastbound stretch of Highway 24 from the tunnel to downtown Orinda is particularly dangerous due to water running off the steep hills that the roadway passes through," said Stephen Healy, interim fire chief. "We remain committed to improving roadway safety through the Highway 24 corridor."

The most fortunate dissimilarity between this incident and the one in December: there were no injuries to

competition was their dynamite rendition of the Tubes classic song, "Talk to Ya Later" featuring a synthesizer.

Their unlikely journey to the stage is a testament to persistence, harmony and a bit of luck. From humble beginnings, specifically a Los Perales Father-Daughter Dance, current and former Moraga parents and part-time rockers met through their respective third graders when they were students at Los Perales Elementary School. Who knew this small town suburban facility was really a school of rock – for parents? Squeezing in practice time and performing is always a challenge, but these grown-ups with serious full-time jobs truly enjoy making music together and have played throughout the Bay Area including the Moraga and Orinda Concert Series, as well as at corporate events and fundraisers.

Lighthearted band members Myatt, Erick Eckstein, Jane Daniel, Dorothy Watson and Ric Hattabaugh formed the group with a goal of conquering the musical world one bedroom community at a time. They describe themselves as an adult alternative party band, and they were quite good at the Bank of the West stage until, literally, the plug was pulled. It's a shame more attendees couldn't enjoy their familiar upbeat music.

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From Front Page

Moraga Band Wins Contest, Kicks Off Festival

... continued from page A1



Erick Eckstein Drums and Vocals

"Our goal was not to fall on our faces," recalled band member by night, lawyer by day Myatt of the contest. Ultimately they were thrilled to come out on top. "We just had a great time." Initially fellow members were less than enthusiastic about the competition, but they reluctantly practiced a couple of times. "Song choice played a big part of the win," said vocalist and bass player Myatt. "We played to our strength – three part harmony." He thinks the one song that clinched the

competition was their dynamite rendition of the Tubes classic song, "Talk to Ya Later" featuring a synthesizer.

Their unlikely journey to the stage is a testament to persistence, harmony and a bit of luck. From humble beginnings, specifically a Los Perales Father-Daughter Dance, current and former Moraga parents and part-time rockers met through their respective third graders when they were students at Los Perales Elementary School. Who knew this small town suburban facility was really a school of rock – for parents? Squeezing in practice time and performing is always a challenge, but these grown-ups with serious full-time jobs truly enjoy making music together and have played throughout the Bay Area including the Moraga and Orinda Concert Series, as well as at corporate events and fundraisers.

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Although the Classic Covers Cup has been around since 2008, this year the competition was all about raising money for Lafayette Partners in Education or LPIE. In a generous move, Red House Studios used revenue from the Classic Covers Cup and donated it to LPIE. Supporting Lafayette's public schools and enriching science, music, art, technology, foreign language, electives and humanities is what the community based foundation run by parents is all about.

Perhaps Lafayette's next guitar hero will be a beneficiary.

Civic News orinda

Library Town Hall Oct. 5

... continued from page A7



City facility attendant Les Graham (left) and a contractor from Diamond Stoneworks recently helped the Orinda Library prepare for installation of a new inventory system. The high tech tool will offer faster self-service, says library manager Beth Girshman, and it will also help staff keep collections vibrant by monitoring which books are circulating and which aren't. If you'd like to help prepare books for scanning by the new system, call the library to volunteer.

A head facilitator will serve as the ringmaster to keep the entire process on track. Responses will be captured on flip charts and then turned over to the CCLS Strategic Planning Committee.

"We want to hear from people who use the library, but we also really want to hear from people who don't," urges Girshman. "This is part of our community, part of our budget ... It's about how you're spending your money, what your vision is ... what you're hoping to accomplish over the next five years."

All are welcome and encouraged to help chart a course for the future. Preregistration is encouraged so that there will be ample food and coffee to fuel participants' brains. Just call the Orinda Library or sign up online via the event calendar at www.ccclib.org. For more information, contact Girshman at (925) 254-2184, ext. 15, or bgirshma@ccclib.org.

Photo Ohlen Alexander

Young Singers Shine in the Spotlight at Lamorinda Idol Finals

By Clare Varellas



Grades 3 - 5 soloist winner Elizabeth Becker Photos Ohlen Alexander

A long line of excited audience members stretched down the side of the Orinda Theatre Sept. 8 as they waited anxiously to hear 60 of Lamorinda's most talented young vocal artists in the eighth annual Lamorinda Idol finals.

This kind of enthusiasm is typical for the community singing competition for youth, previously known as Orinda Idol. The name changed this past year to reflect the participation of kids from all three cities in the area. Created by the Orinda Arts Council in 2006, the competition, originally modeled after American Idol, has grown larger and larger over the past eight years.

"Over the years we've added group categories to the individual singing categories, we've added workshops for the finalists, and we've broadened the event to welcome young people from Moraga and Lafayette as well as Orinda," said Lamorinda Idol chairman Steve Harwood.

This year's competition began May 16-18 when singers from around the area auditioned in front of judges who determined whether the performers would continue on to the September finals. At the finals, participants sang alone or in groups, could choose the song they were to perform, and had the opportunity to win in any of eight age-oriented categories.

For many participants and community members, the event has grown into a pleasurable and meaningful tradition.

"It is such a fun and participatory way to bring the arts to people of all ages and interests in Lamorinda," said Lamorinda Idol Publicity Committee co-chair Esther Becker. "And so much community builds up around the performers and their supporters. Certainly kids gain confidence as well as support and mentoring [from] their fellow participants, the organizers, and the workshop leaders."

And with so much musical talent concentrated into one competition,

there are bound to be some future singing stars in the mix every year.

"We definitely have seen [some of the participants] go on and do exciting things," said Lamorinda Idol co-founder and Orinda Arts Council Board president Susan Garell.

A total of nine singers were awarded for their excellence in different age categories following the finals, each very passionate about singing. Below are the stories of two of the winners, 11-year-old Elizabeth Becker and 16-year-old Tosca Maltzman.

Elizabeth Becker, Grades 3-5 Soloist Category Winner

Elizabeth Becker was only nine years old when she took to the stage for her first Lamorinda Idol competition two years ago, and she remembers how anxious she felt.

"I was really nervous because I felt like everyone was so good and I was afraid of how I'd sound in comparison," said Becker.

And yet this year, Becker, now two years older, managed to win the third through fifth grade soloist category by executing her own rendition of the song "Astonishing" from "Little Women," the musical. The Orinda Intermediate School sixth grader says singing is definitely one of her passions, and has been since she learned all of the songs in the movie "The Sound of Music" at age 3.

"I learned all the songs and sang them over and over," said Becker. "Really, music just makes me feel good."

Despite the fierce competition at the Lamorinda Idol finals, Becker was happy that she found a way to get past her anxiety and to enjoy the experience of performing.

"When I was performing I was really nervous because all of the other singers in my category are really good singers," said Becker. "The final experience was definitely worth it, because I think all the hard work paid off." ... continued on page B4



Grades 6-8 group winner Arriana Glenn and Lindsey Wallace

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Making Friends While Playing Mah Jongg

By Cathy Tyson



From left, new friends Sharon Galliani, Jewel Strom, Astrid Gehrke and Martina Alexandre. Photo Cathy Tyson

Players took turns chiming in. “Two crak,” “three bam,” “five crak,” eventually coming around to perky and competitive 95-year-old Jewel Strom: “Six dot. What do you think of that?”

Dots, dragons, east, west – for the uninitiated it’s hard to decipher the lingo but these dedicated players knew the difference between a pong and a kong. The game, which originated in China many years ago, takes skill, strategy and calculation but it provides an afternoon of socialization, new friendships and fun.

Moraga resident Strom learned to play Mah Jongg years ago with her mother and sister when she was a little girl growing up in San Francisco. She explains that it’s kind of like a rummy game with tiles. She used to host a three-some at her

place, but when one of the ladies had to drop out, they were in a bit of a pickle. Her daughter was concerned and contacted Lafayette Senior Services – they offered drop-in American Mah Jongg to experienced players on Tuesdays at the Lafayette Community Center from 1 to 3:30 p.m. with no reservations needed for the casual group.

Gentle, good humored camaraderie was in the air on a recent Tuesday, as the women played and casually chatted about families, upcoming holidays, shared bite sized chocolates and more. “I can’t tell you how wonderful they’ve been to me,” said Strom of her fellow players, one of whom is her regular car pool driver.

While the game sounds rather complicated, longtime player and teacher Alice Stern says after a com-

plete explanation, and a little practice, a light bulb goes off and all of a sudden players “get it.”

Usually four people gather around a card table and use the 144 tiles that are divided into three different suits – bamboo (bam), characters (crak), and circles (dot) – along with honor and bonus tiles: winds, dragons, flowers and seasons. The game became popular in the states in the 1920s and by the 1930s the rules had morphed, becoming substantially different, some say easier, than the original Chinese version.

The sound of the tiles clicking on the table brings back fond memories for many of days gone by when mothers, aunts and sisters played together, recalls Maureen Neumann, director of senior services.

Win or lose, this low key pleasant afternoon is good exercise for the mind and an easy way to socialize. Those wanting to learn the game should keep an eye out for the next Lafayette Parks and Recreation directory; Stern will be offering American Mah Jongg classes in January and May of 2014. For players ready to rumble, they are always welcome at the on-going drop-in games on Tuesdays in the Cedar Room of the Community Center, 500 St. Mary’s Road, Lafayette. Cost is \$1 for members, \$3 for non members. For more information, call Senior Services at (925) 284-5050.

New MVPC Senior Pastor Has Saint Mary’s Ties

By Michael Sakoda



Rob Perkins Photo provided

Moraga Valley Presbyterian Church held the installation service Sept. 15 for Reverend Dr. Rob Perkins, the church’s first new senior pastor in 31 years. But this bucolic town is not new to Perkins.

His wife, Mitali – a star in her own right and the author of multiple young-adult books – has been a lecturer at Saint Mary’s College for two years. “She came from a Hindu family, became a Christian in college, and she writes about crossing cultures, and she speaks at schools and libraries ... is quite in demand ... definitely my better half,” said Perkins. And his sons, Tim and Jim, attend Saint Mary’s College.

Perkins met his wife during his senior year at Stanford. “I was teaching a bible study in the dorm where she was the RA,” he said. “We were friends for about a year, and we dated for about a year, then we were engaged for about a year, and then we were married.”

Perkins attended Stanford University as an undergraduate with a plan to enter the medical field, but always with a greater purpose in mind. “By the time I finished high school, my goals were more about being a missionary than a pastor,” he said. “I saw myself overseas working as a missionary doctor. I was pre-med, but by the time I finished school, I thought, ‘I don’t want to be in school for another seven years,’” and luckily, for the congregation at MVPC, he didn’t.

Born and raised in Southern California, from the beginning the church was part of Perkins’ life.

“I had a very devout mother. From my earliest memory she was praying with me and talking about the bible,” said Perkins. “I grew up nurtured in that faith, and I thought, when I was in middle school that I would be a pastor someday.”

Outside of the scripture, however, Perkins was drawn at a young age to a more fundamental understanding of God. “I had a really great church leader growing up... and I saw real authentic faith in him, not just religion, but an actual relationship with God, and I wanted that,” he said.

Though new, Perkins is already ecstatic about the work his congregation is doing in the community. “This church is unique,” he said. “It has about a thousand members, but it has a much bigger impact than you would think. Both high schools use our church for things, ... we have a nursery school with about 150 members, ... a lot of people who don’t come to

church on Sundays consider this place their church.”

Beyond Lamorinda, the efforts MVPC makes around the world remind Perkins of his missionary passion. “Serving others and being involved in missions beyond our doors is a big priority here. We have missionaries in Richmond and Oakland, missionaries in Serbia and the Dominican Republic, and every year we have over 200 high school students go to Mexico with our church and build homes there,” he said.

Perkins’ hope for the established and potential parishioners at MVPC lies in an almost holistic understanding of God. “Pascal the philosopher said that every person has a God-shaped vacuum inside them, and they try to fill it with money, with sex, with power, with advancement, with family, but ultimately, those things will let us down; there’s a lot of emptiness in their lives if they don’t know God,” he said. “I believe we can offer the one thing that can meet that need ... not that I want to force it on anybody ... but I feel we can offer people a way to find who they’re supposed to be.”

On Fridays, Perkins’ off day, he likes to spend time with his wife, hiking and enjoying the outdoors. “We lived in the Boston area for about 12 and a half years, and we love being in California again ... getting to be outside without bitter cold winters,” said Perkins.

He loves to play golf and he’s a sports fan, calling himself “a recovering Red Sox fan trying to get back into sports in the Bay Area.”

Lafayette Church Members Have Fun with Hats

Submitted by Ted Fuller



Lafayette Christian Church (Disciples of Christ) members had some fun with the theme “Home Is Where You Hang Your Hat” Sept. 8 when they met for breakfast and coffee, and had a chance to bring a hat from home, or make their own hats from paper, ribbon and other supplies. From left: Elsie Buchwald, Cal Underwood (standing), Don Stump, and Adah Sumner, who elected to bring her own hat, a bonnet given to her 25 years ago by her sister. “It can also be used as an apron,” notes Sumner. Charter member Elsie Buchwald joined the church in 1959.

Photo Ted Fuller

A Different Kind of Heroism

Orinda attorney still in a race to end domestic violence

By Laurie Snyder



Attorney Nadia Costa has built up her physical and mental stamina by running ultra-marathon races - but in the documentary film "Crime After Crime," the battle to free a wrongfully imprisoned inmate proves even more challenging. Photo provided

Heroes come in all shapes and sizes: Tough guy firefighters who stomp out hellish flames. Seventh grade girls who battle breast cancer by organizing community walk-a-thons. Elderly men awarded Purple Hearts decades ago for acts of bravery on battlefields half a world away.

Most, like Orinda attorney Nadia Costa, think of themselves as regular people. A subject of "Crime After Crime," the acclaimed and inspiring documentary which premiered at Sundance 2010, Costa was one of two Cal law school grads who provided pro bono representation for Deborah Peagler, a domestic violence survivor pressured into pleading guilty to first degree murder in 1983 by prosecutors concerned more with scoring a conviction than serving justice.

Forced into prostitution at age 15, Peagler was tortured for years by a handsome, charismatic man who also threatened her mom and abused her daughter. When police failed to intervene despite repeated appeals, she and her mother desperately turned to local gang members. Instead of just scaring him off as Peagler's mother had asked, though, the pair killed the pimp. Prosecutors withheld evidence and painted Peagler as one who murdered for money in order to compel her to accept a plea.

No trial. No compassion. Just 25 years to life.

And then, along came Costa. The soft spoken woman, who spent her days advising landowners and governments about zoning matters, took up the case 20 years after Peagler was sent away. "Before I was a lawyer, I was a social worker for Children's Protective Services, and basically worked with families dealing with the kind of violence that Debbie and her girls suffered," she explains. Costa and fellow legal eagle, Joshua Safran, joined forces to free Peagler with the help of a California law enacted in 2002, which

enables battered women to seek redress when courts fail to consider evidence of abuse.

A staggering 80 percent of women in jail today experienced domestic violence, rape or other abuse prior to incarceration, according to the UC Berkeley law school's website. "The criminal justice system tends to ignore women's victimization for years. Then, when these women realize they're on their own and fight back against their abusers, they're typically charged with first-degree murder - regardless of whether there's any evidence of premeditation," says Cal professor Nancy Lemon.

"When I met Nadia ... I remember thinking, 'She's looking at me like I'm a human being, like she understands. She isn't looking at me in judgment,'" says Peagler during the film. Costa and Safran couldn't tell Peagler that she'd ever be free - but did tell her that she was worth fighting for.

We can all do that, says Costa, by letting family, friends and neighbors know that their lives matter, that we're there for them however and whenever they need us to be, and that using bullying and violence to solve problems is never acceptable - period. When we see it happening, we need to speak up and let the abusers know that we're going to deal with it - as a community. "Abuse just doesn't happen in South Central L.A. to young black women," emphasizes Costa. "It happens everywhere."

Even in safe, affluent towns.

In December 2012, this reporter learned that a former classmate had been gunned down by her husband while playing the organ in church. A beloved small town elementary school music teacher for more than 30 years, she was the last person anyone could imagine being hurt by a spouse.

There tends to be the ability, observes Costa, to avoid dealing with the problem in small town America.

Child abuse and domestic violence are reported more frequently in larger cities because there is more involvement with public agencies. And in wealthier communities, neighbors may simply not believe what their eyes are telling them.

"When somebody has a black eye in Oakland," the assumption is domestic violence. In Lamorinda, the best guess is that the wife fell

down the stairs or that the nanny walked into a door. Victims are often pressured to make excuses or hide injuries through treatment by private physicians.

Lamorindans will be given an important chance to change this and lend support to neighbors Oct. 2. A wine and cheese reception at 6:30 p.m. will be held at the Orinda Library Auditorium,

prior to a screening of "Crime After Crime." A question and answer session with Costa, Safran and ABC7 News Anchor, Cheryl Jennings, will follow. Tickets are \$20 each; proceeds will benefit prevention and response services at STAND! For Families Free of Violence:

www.eventbrite.com/event/8097781683.

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- Call his or her partner a "bad parent," and threaten to take away or hurt the children?
- Threaten to commit suicide or harm the family pet?
- Destroy property or use guns, knives or other weapons to intimidate?
- Verbally abuse teachers or others in the community?
- Shove, slap, choke, hit, or threaten to kill a girlfriend or wife?
- Make excuses for a black eye, fingerprints on an arm or other bruises, but deny abuse?
- Admit to having abused a family member while claiming it was no big deal, or that it was the fault of the person who was abused?
- Pressure a spouse, family or neighbors to keep silent or drop charges?

Answering yes to one or more of these questions could mean that someone you know needs help. Call STAND for confidential advice: 1-888-215-5555. Nationwide, use the National Domestic Violence Hotline: 1-800-799-SAFE (7233).



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The Next Step of the Lafayette Food Revolution

By Sophie Braccini



Linda Riebel and husband, Brad Wade, install protection around their tomato plants. Photo Sophie Braccini

Linda Riebel sees her garden as a place to experiment with ways to increase her self-food-reliance, and she strives to make her food choices as harmless to the planet as possible. As a member of Sustainable Lafayette's Food Group, Riebel, along with Allison Hill and Janet Thomas, hope to gather a group of interested Lafayette community members to share knowledge and resources, and to take the next step in the green 'foodprint' revolution.

"The local food group of Sustainable Lafayette started the farmers' market and the community garden. I thought that we needed the community to deal with other as-

pects of sustainability and food," says Riebel. "There are many topics to think about, such as eating less meat, growing more of our own food – or raising it – getting to know local farmers and growers, and more. It is a huge subject and we are launching the Sustainable Food Committee to continue our process."

The group's main objective is to help people wean themselves from industrial agriculture. "I don't expect anybody to be completely free from industrial agriculture," says Riebel, "I don't expect to be completely self-supporting. But we want to move in that direction and also influence industrial agriculture to be less destructive to the environment

and human health." Riebel points to a recent Time magazine cover story about disappearing bees, and how neonicotinoid insecticides could be the culprit.

In her book, "The Green Footprint," Riebel discusses food issues, and how it is impossible to know everything and foresee all the consequences of our consumption decisions in an increasingly complex world. "We want to help everybody to make their food choices, whatever their preference might be," she says, "even if you eat meat or fish, you can do certain things to reduce your footprint."

The first meeting of the committee on Sept. 16 was very productive. "We had an enthusiastic discussion and generated a list of interests long enough to keep us busy for years," said Riebel. The top four topics were the creation of a community of gardeners, organization of regular meals/meetings, tours of local farms, and education.

The second meeting and potluck will be held at Riebel's home around mid-October. The group will also participate in the Lafayette Community Garden Harvest Festival on Sunday, Oct. 20, and link this to the national event, Food Day.

"My goal over the next 20 years is to just continue to progress," says Riebel. Those interested in attending the next meeting should contact Riebel at linda@sustainable-lafayette.org for directions and discussion.

Young Singers Shine in the Spotlight at Lamorinda Idol Finals

... continued from page B1



High school soloist winner Tosca Maltzman Photos Ohlen Alexander

In addition to singing, Becker enjoys swimming for Orinda Aquatics, running for Orinda Intermediate School, and participating in her church group activities. She looks forward to continuing her singing career in the future.

Said Becker, "I would like to [sing in] school musicals, hopefully Lamorinda Idol, and maybe a summer musical theatre camp."

Tosca Maltzman, High School Soloist Category Winner

Sixteen-year-old Tosca Maltzman

has certainly spent her share of time on stage. Having participated in five Lamorinda Idols, being a part of theater groups in and out of school, and managing her school's a cappella group have made the Miramonte High School junior an experienced veteran in the world of singing and acting.

Maybe this is the reason Maltzman was able to secure herself a win in the high school soloist category during the finals. Maltzman, who won last year's Audience Award (granted to the artist that receives the

highest percentage of audience votes but is not a category winner), was elated to receive her first victory in a category this year.

"I felt nervous in an excited way and I tried to use that energy to elevate my performance," said Maltzman.

But unlike any other Lamorinda Idol winner, Maltzman was able to experience both the role of a participant and the role of an organizer of the event, as she also worked as an administrative assistant.

"Working as the administrative assistant for the program has given me a deep appreciation [of] the amount of work it takes to put on a production like this," said Maltzman. "I worked with a committee made up of amazing volunteers who were responsible for all of the facets of the show and everything leading up to it. I was lucky to have a job that supported what I love to do."

Maltzman says she will continue to sing and act, as these are two of her most prominent passions.

"I have been listening to music and singing since before I could talk," said Maltzman.

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Audience Award winner Lleyton Allen

And the Lamorinda Idol 2013 Winners Are ...

More than 200 students from across the Lamorinda area auditioned for Lamorinda Idol this year, and after tallying the votes, the following students were announced as the Lamorinda Idol 2013 winners:

Grades K - 2 Soloist Category: **Mia Polichio (Camino Pablo)**

Grades 3 - 5 Soloist Category: **Elizabeth Becker (Orinda Intermediate School)**

Middle School Soloist Category: **Leah Woodcox (Miramonte)**

High School Soloist Category: **Tosca Maltzman (Miramonte)**

K-5 Group Category: **US2: Kiera Glenn (Orinda Intermediate School) and Maggie Heiskell (St. Perpetua)**

Grades 6-8 Group Category: **Lindsey & Arriana: Arriana Glenn (Orinda Intermediate School) and Lindsey Wallace (Orinda Intermediate School)**

Audience Award: **Lleyton Allen (Camino Pablo)**

Lamorinda Idol 2014 auditions will be held next spring. For details, visit http://www.orindaartscouncil.org/lamorinda_idol_winners.php.

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“The Rainmaker” at Town Hall Theatre

Now through Oct. 5

By Sophie Braccini



Caitlin Evenson as Lizzie Curry and Joel Roster as Bill Starbuck Photo Stu Selland

It's about a drought and about taking chances. “The Rainmaker,” the N. Richard Nash play brought to Lamorinda by Town Hall Theatre Company, and directed by Derrick Silva, is the story of a group of townspeople who finally reveal their emotions, like dry flower buds blooming after the first rain, when the Rainmaker – part con-artist, part poet – crosses their path. The group of chosen actors is excellent, and even if the season was shaped by Clive Worsley before the new artistic director's arrival, Silva has risen to the occasion with an emotional and lovable performance.

“The author does not give a time or specific location where the action is taking place,” says Silva. “Some of the context shows that it is somewhat in our past, but it could be any time, really. A time when people lose hope, settle and fall asleep in an unsatisfying reality that dries out their youth and desire to fully live.”

The role of Lizzie Curry, the unmarried daughter in the central family of four, is probably the one most affected by the drought. In the 1956 film adaptation of the play, Katharine Hepburn received a Best Actress Oscar nomination for her performance as Lizzie – a young woman who is a bit too smart for her own good, and who has let her charm be drawn from her by the reality of a physique that's more plain than stunning. It is not an easy role for an actress. In Lafayette, Caitlin Evenson infuses the role with sensitivity and emotion. There are times when her pleas break the spectator's heart, when her hopes lift it up; when she finally dances, one wants to dance with her.

Joel Roster is Bill Starbuck, the rainmaker. The character's cockiness is a bit annoying at first, but Roster gradually reveals Starbuck's loneliness and vulnerability. Roster's dynamic energy is great for the role. When he makes the characters dream, he takes the audience right along with them.

Liam Callister plays Jim, the

younger brother – a boyish, hot-blooded young man full of drive, ready for mischief, breaking hearts left and right, but always forgiven because of an irresistible smile. Callister is a promising actor who is like a ray of sunshine on the stage. Naïve, charming and good hearted, Callister does not steal the show because of the solid cast around him, but he could have.

I was surprised by the performances of Henry Perkins and Randy Anger. The father, played by Anger, is the philosopher of the family. He has seen droughts before and he has seen them end. The old man has relinquished part of his authority to the eldest son, but he is still there to make important decisions, and he is the first one to take chances. His decisions are pivotal to the evolution and relief of his family, stuck in their old ways. He wants to believe – believe in his daughter's beauty, in the rainmaker, in change. The older brother is the one who resists the longest. Very serious and responsible, he is at risk of, in the words of his father, “being so preoccupied about being right that he forgets what is good.” Perkins is a perfect embodiment of the oldest brother, with a solid and stern presence – a kill-joy who continually comes up with reasonable, unpleasant truths whenever on stage.

Ultimately, this is a very optimistic and uplifting story.

“There are people in our lives who at some time need encouragement, who want a better life or a better day,” says Silva. “What we learn in this play is that happiness has to come from within, but it is already there. Sometimes what has to be done to get unstuck is just as simple as taking a little chance on something or somebody, and letting it unfold. The result might not be what you had hoped for, or might take a very different route, but the drought has ended.”

“The Rainmaker” will run through Oct. 5 at Town Hall Theatre. For tickets and more information, visit TownHallTheatre.com.

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Expert Tips for High School Students Applying to College

By Elizabeth LaScala, PhD

Each year high school students make serious college application mistakes that are both heartbreaking and avoidable. Here is my best advice condensed into seven tips to help you demonstrate sincere, strong and consistent interest with a shorter, more cohesive set of schools.

1. Balance Your College List. Many students apply to many highly selective schools and risk rejection from all of them. The trick is to create a list that is balanced by admission probability. I call the three college categories Low, Medium and High Probability to emphasize admission chances as a critical factor in building a list. Your list should include no more than 2-3 low probability or reach schools – these are competitive schools where many talented students

are denied admission. Next, your list should be anchored by a solid core of schools where your GPA and test scores fall squarely within the mid 50 percent of applicants who were accepted last cycle. Then your list should include 2-3 colleges where you have a high probability of admission – these are colleges where your academic profile places you in the top 25 percent of last year's admitted applicants. Each college on your list should be one you would be delighted to attend. To get information about your admission chances, go to collegedata.com and click on College Chances.

2. Apply in Moderation. Colleges may improve their rankings with record-setting numbers of applications, but applying to too many colleges does not help students at all. It's

tough to write well-conceived and thoughtful applications for too many different colleges. Looking at the bigger picture, you are adding to the frenzy of college admission by making it harder for colleges to predict who will accept offers of admission. Many colleges react to their success at recruiting record numbers of applications by creating longer waitlists. Some colleges respond by trying to assess student interest by adding more essay questions; many ask students to list all colleges they are applying to. A smart student will build a short college list with common threads that reflect the careful research you have done to find colleges that are a good match for you. About eight well-researched schools is a good number. In California, a student who applies to the UC system can count the UC just once, since the same application applies to all campuses.

3. Take Time to Complete Each Application. Colleges take your applications seriously and so should you. Be sure to set aside enough time to complete each application to the best of your ability. Avoid procrastination and do some work on your applications each week through fall cycle. It helps to set up an application timeline. Get your EA and ED (if you are applying early) school applications completed first, then move on to the next set of applications, those due on or before Dec. 1 for example. The final set of applications may be completed after winter break, or whenever the regular decision deadline indi-

cates. Remember, you can submit your application when the application cycle opens; there is no need to wait until the last minute!

4. Follow Instructions. Read everything carefully and be sure you follow instructions to the letter. If you are uncertain, use the help email or call center to ask questions. It can take up to 24 hours for someone to respond and sometimes the response does not clear up your uncertainty. Leave enough time to ask another question or call the college or call center directly for assistance. This is another reason why it is so important to leave sufficient time to prepare your applications.

5. Preview Your Application. This step ensures that your carefully constructed written work gets sent to the admission staff the way you intended. When you have completed an application be sure to preview it. Then ask a trusted advisor, parent or teacher to review it one last time to catch errors, and make sure everything is order.

6. Demonstrate Early Interest. Stealth applicants are those who do not show interest early on and then apply to a college. Among students with similar credentials, the ones who demonstrate early interest are far more likely to be offered admission. There are dozens of ways to show sincere, strong and consistent interest – for example, visit, write, interview, attend college rep sessions at your high school, and attend regional presentations.

7. Ask Promptly for Letters of Recommendation. Ask your favorite

teacher(s) early if s/he will write you a letter of recommendation. Give your teacher enough time and support to write a complete and thoughtful recommendation letter. Ask to meet and discuss the activities you are involved in outside of the classroom, share your college aspirations and tell your teacher how his or her class inspired you.

Applying to a UC?

More specific information from Elizabeth LaScala about how to tackle the University of California application is available on our website. To read the full column, visit www.lamorindaweekly.com, and search "How to Tackle the UC Application."



Elizabeth LaScala Ph.D. guides college, transfer and graduate school applicants through the complex world of admissions. She develops best match college lists, offers personalized interview and essay coaching, and tools and strategies to help students tackle each step of the admissions process with confidence and success. Elizabeth helps students from all backgrounds to maximize merit and financial aid awards. Visit www.doingcollege.com; Call (925) 891-4491 or email at elizabeth@doingcollege.com.

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Hearing Aids: Fact or False Advertising

By Amanda Kuehn



Hearing aids iStock photo

"Testing ... 1, 2, 3 ... Can you hear me?"

For many Americans the answer is "no." According to the U.S. Department of Health and Human Services, 17 percent of Americans report some degree of hearing loss. That percentage increases with age, reaching 47 percent for adults 75 years or older. Hearing loss is a fairly normal part of aging. Paying \$9,000 for a hearing aid is not.

"Some hearing aid dispensers prey on senior citizens," said Maureen Neumann, program coordinator for Lafayette Senior Services. "People are surprised when they're told what the price range is they should actually expect to pay." In an effort to combat the shadier side of this industry, LSS organized "Hearing Aids Fact vs. False Advertising," a presentation that was held last Thursday,

Sept. 19. The presentation was led by Valerie and Gregory Fitzgibbons, audiologists from Diablo Valley Ear, Nose & Throat.

During the presentation, the Fitzgibbons educated 30 audience members on the anatomy of hearing loss and the tools and tactics that can help them combat it. "We cannot restore your hearing back to normal," said Valerie Fitzgibbons. "A hearing aid is an assistive device. [It] is going to help you hear, but you and your family need to work with it."

The Fitzgibbons recommended several specialists in the area, noting that, "When you're working with a hearing aid, you need to be able to go back conveniently for multiple follow-ups."

"We want you to find somebody good," Valerie Fitzgibbons said. "Even if that isn't us."

In the second half of the presentation, Gregory Fitzgibbons shed some light on common scams and tactics in the hearing industry. "There are good dispensers and bad dispensers," he said. "There are good audiologists and bad audiologists."

You should never purchase a hearing aid without a hearing test. Hearing loss, much like eyesight, varies from person to person and a hearing aid should be custom-tuned to your needs. "A consultation should be extensive and educational," added

Valerie Fitzgibbons. "You should never feel a push [to purchase]."

"If an ad looks too good to be true, it probably is," Gregory Fitzgibbons said. He warned to be wary of extremely low prices, trade-ins, celebrity spokespersons, the MSRP (manufacturer's suggested retail price) and ads that show asterisks or mention re-stocking fees for returns. Under the California Song-Beverly Consumer Warranty Act, all hearing aids should be returnable for a full refund within 30 days of purchase.

According to the Fitzgibbons, a single entry-level hearing aid should cost around \$1,000. A high-end aid should be no more than \$3,200.

Your needs will depend on your hearing loss and lifestyle. "Most people fall somewhere in the middle," Valerie Fitzgibbons said.

The earlier that hearing loss is detected the easier it is to make adjustments. Hearing screenings performed by audiologists from Hearing Science of Walnut Creek and Diablo Valley Ear, Nose and Throat are offered monthly through Lafayette Senior Services. The 20-minute diagnostic screenings, which cost \$1 for members and \$3 for non-members, take place on the first Wednesday of the month from 1 to 2 p.m. in the Alder Room at 500 St. Mary's Road. You can schedule your appointment by calling (925) 284-5050.

Lafayette, Here We Come!

By Sophie Braccini



Lafayette's statue was adorned with flowers Sept. 6, courtesy of Whole Foods. Photo Sophie Braccini

A date to celebrate in Lafayette is Sept. 6 – the birthday of the marquis who gave the city his name. This year, Catherine Jolivet, the dynamo director of French for Fun School, took the opportunity to organize a party on the Plaza, next to the marquis' statue, and to start drumming support to revive the Langeac Society.

What is the Langeac Society? It is named after Langeac, the small French town where Gilbert du Motier, marquis de Lafayette was born 256 years ago. In the '80s and early '90s a group of Lafayette Francophiles worked with city officials, and a Sister City agreement was formed. Unfortunately, members of the Society moved on or aged out, and the activities dwindled. However, the Sister City status still exists and Jolivet wants to give it new life.

She enrolled the support of Lafayette Chamber of Commerce Executive Director Jay Lifson, who is always ready to help, and got approval in June from Mayor Mike Anderson and Town Manager Steve Falk. At the same time, Jolivet's mother visited with Langeac's officials and found similar enthusiasm.

The birthday party was just a first and Jolivet has many more ideas to revive the relationship with Langeac, including cultural trips, commercial relations, and exchange student opportunities. She is also looking for volunteers to help organize. If interested, contact her at madame@frenchforfun.com.

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Nationally Recognized Service Learning Center at SMC Receives New Endowment

Submitted by Michael McAlpin

A new endowment, The Mulvaney Family Head, Heart and Hands Endowment Fund, was recently established to support the work of the Catholic Institute for Lasallian Social Action (CILSA) at Saint Mary's College. CILSA provides Saint Mary's students with academic and service learning leadership opportunities through a variety of domestic and international service and civic engagement courses and community-based research projects with community partners and College faculty.

The fund will allow CILSA to broaden its programming and enable greater participation by Saint Mary's students in its community engagement and service efforts. The new fund was made possible through the generous donation of \$500,000 from Lafayette philanthropists Karen and Tom Mulvaney. To encourage giving by others to the fund, the Mulvaney family will match all financial contributions to the endowment, up to \$50,000 per year, over the next five years.

"We are extremely grateful to the Mulvaney family for their support," said Saint Mary's Provost Beth Dobkin. "Civic engagement and service learning opportunities offered through CILSA are hallmarks of the College's academic experience. The impact on students and the communities they serve are clear and compelling, bringing us repeated recognition by the White House through the President's Higher Education Community Service Honor Roll Award."

Widely respected for their community activism, philanthropy and support of Lafayette schools and the city's new library, the Mulvaney family said the endowment is borne out of a family tradition of giving back.

"Tom and I both came from families that have a great sense of service," offered Karen Mulvaney. "Leave a place better for having lived

there and do your best to lighten the loads of others when possible," a belief she attributed to her mother's wise counsel. Her husband recalled a similar experience. "What have you done to help someone today?" was a question he said his father asked regularly when he was a young boy at the dinner table. The couple says those early messages about the value of service have contributed to their appreciation for the hundreds of hours of volunteer service that Saint Mary's students provide through CILSA.

"It is a tremendous thing that Saint Mary's is trying to achieve, in creating a culture of service in its students, and we wholeheartedly support that effort," said Tom Mulvaney. The couple's belief in the importance of CILSA's goals also stems from an appreciation of their daughter's experience at Saint Mary's. After alumna Marguerite "Meg" Mulvaney traveled to Rwanda as part of a CILSA sponsored January Term course, she was profoundly inspired.

Meg's "spectacular experience," said the Mulvaney family, was yet another reason to support Saint Mary's, to help others benefit from similar CILSA initiatives. "We hope our gift can expand opportunities for more students, inspire other families to support the program and, overall, help Saint Mary's students make a positive impact in society," said Karen Mulvaney.

In the 2012-13 academic year students at Saint Mary's provided more than 22,500 hours of volunteer service through CILSA. Founded in 1999, the center supports students, faculty, staff, campus units and community partners to work together to promote intellectual inquiry and student leadership and development. For more information about the Mulvaney Family Head, Heart and Hands Endowment Fund, contact CILSA director Marshall Welch at (925) 631-8135 or at mjew6@stmarys-ca.edu.

As Seen in Lamorinda: Christmas in September?

Submitted by Sally Rae Kimmel



Photo Sally Rae Kimmel

Residents admired beautifully lit branches after crews finished installing lights on the Diablo Foods tree in Lafayette Sept. 17.

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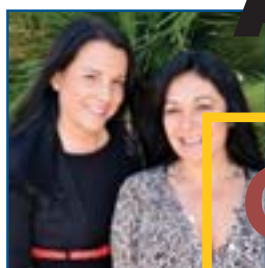


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THE APP RAP

By Alex Pawlakos

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How many postcards did you send this summer? For that matter, how many postcards did you receive in the mail? These days, a lot of smartphone users take pictures with their phone and text them right to the recipient. However, many people still love to send (and receive) postcards through the mail, considering it to be more personal and thoughtful. Luckily, for those who still like postcards, Postagram is a fantastic app. With Postagram, you can easily send a postcard in the mail, directly from your phone. You can use a picture that you shoot directly from the app or take a picture out of your phone's photo library. Your photos are then turned into personalized postcards that you mail directly from your phone. The cost is 99 cents to mail in the U.S. or \$1.99 for international mailing. This is a very popular app and users are sending personalized postcards as thank-you cards, invitations, birthday cards, travel postcards, birth announcements and more. You can include a message up to 140 characters,

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Alex Pawlakos enjoys biking, weightlifting, and tutoring in his spare time. He is a reporter on the Be the Star You Are!® Express Yourself!™ Teen Radio and an economics major at UC Berkeley.

Kids Bounce Back from Summer



Lamorinda was smile central on Sept. 6 as little ones celebrated their return to school with a free afternoon of science, art and bouncy house air time at Orinda Theatre Square. Complimentary vision screenings were also provided by Visual Entrée Optometry, and kids got up close and personal with McGruff the Crime Dog while their parents received free safety ID kits from the Orinda Police Department, all while enjoying the smooth sounds of the Miramonte High School Band. *L. Snyder*

Photo Ohlen Alexander

TEEN SCENE

Teens & Cell Phones - Use, not Abuse

By Alex Lee

Facebook. Twitter. Instagram. Tumblr. iMessage. All of them on your phone. What's the similarity between them? If you answered that they're all social networking sites or applications, you are only partially correct. The connection is that most of us are addicted to them.

Let's admit it. Every time we feel that vibration in our pockets or hear our unique jingle ring on our phones, we must check right away. We enjoy the convenience of having phones with Internet data for faster access. And what's the quickest way to check our social networking sites? OUR PHONES.

Here's a question that every teen needs to answer. "Do I use or abuse my cell phone privileges?"

Andrew Chow, a sophomore in Lafayette said, "I think most teenagers are abusing the main purpose of using mobile phones which is using the device as a phone. Teens text or use Facebook and log into social networks too often, getting distracted from school work and other more important priorities."

Christian Linfoot, a junior, also from Lafayette, said that teenagers these days "use their cell phones constantly because they communicate quickly and easily with each other and are able to stay in touch like never before."

Teenagers are sucked into the harmful whirlwind of social networking on their phones. We don't even realize that we're abusing our cell phone privileges and exposing ourselves to danger. Texting while driving has become the number one reason for adolescent accidents. When we're using social networking on our phones, how much time are we spending actually talking face to face with our friends?

Many of my friends have an iPhone or some other brand of smartphone. Smartphones are the phones of dreams. They provide us with games, messaging, email, social networking, apps, cameras, address books, and more. They are not just phones but also personal assistants and entertainment systems. However, phones were originally created to help us communicate with other human beings when we couldn't see them in person. It's important to remember that, instead of talking to friends on social networking sites, we need to still speak with

them in person.

In my opinion, teenagers spend too much time social networking via their phones. Social networking has become an abhorrent source of bullying. According to studies done by many major universities, more than 56 percent of teens have said that they have once been the target of a cyber-bullying activity. Using a cell phone to degrade someone on Facebook or Twitter has the possibility of destroying the reputation and life of another person. If we don't have the courage to confront someone in person, we should not do it online either. People feel protected by their screens, incorrectly believing that whatever they say are "just words" on a display. Nasty or demeaning verbiage or photos is never acceptable and could have a devastating and life-threatening effect on the person being bullied.

School is in session, and every teen has the responsibility of understanding that our purpose is to study and learn. Although our friends are just down the hallway, they are also at the touch of our fingertips on our phones. Before we push "send," we need to think. Which is more important to our futures - social networking or schoolwork? Checking our cell phones constantly while at school is abusing our educational options.

My advice is to use our phones responsibly. Turn it off when we are in the classroom. If a message is that critical, we'll receive it soon enough. Most everything can wait. Be a user, not an abuser.

Alex Lee is a sophomore at Acalanes High School and the social media reporter for #Hashtag on Express Yourself!™ Teen Radio. He enjoys watching TV, listening to music, and playing his guitar.



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

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Olive Festival Coming Soon!

By Susie Iventosch



Italian ravioli stuffed with Kalamata olives, basil, sundried tomatoes and goat cheese.

Photos Susie Iventosch

The Fourth Annual Olive Festival is just around the corner, so olive lovers will want to head on down to the Wagner Ranch Nature Center on Sunday, Oct. 6. The event will take place from 1 to 4 p.m. and will feature cooking demonstrations, olive tasting, music, art, games and living history of a heritage olive grove, which was planted by California's first Surveyor General in 1882.

The festival, organized by the Friends of the Wagner Ranch Nature Area, raises funds to preserve the 40-year tradition of teaching children about the environment and how their ancestors lived in close contact with nature. There will be a raffle and silent auction, which is supported by more than 50 local businesses.

Though there won't be a recipe contest this year, Katharine Barrett, one of the event coordinators for the past four years, is planning to incorporate an olive recipe contest for next year's Fifth Annual Olive Festival. Contest hopefuls can learn a lot about California olives and maybe even get a few ideas from this year's cooking demonstrations to start cultivating their own recipes!

Next year, I hope to feature one of your winning recipes in the Lamorinda Weekly food column. In the meantime, please enjoy this recipe made of Kalamata olives, goat cheese and sundried tomatoes ... with a touch of fresh basil and pesto! Making homemade raviolis is not necessarily a quick dish, but it is a lot of fun and quite satisfying to see the recipe come together from a bowl of flour and salt to the finished raviolis! And, it is a really fun family endeavor. My daughter and I had a great time making these raviolis together.



Dough with mounds of ravioli filling



Dough with filling and top layer of dough



Cutting and sealing the raviolis

Kalamata Olive-Stuffed Ravioli

Pasta

INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons olive oil
- 3 eggs
- 1 tablespoon water

DIRECTIONS

In a large bowl, mix flour and salt. Make a mound with a well in the middle and crack eggs into the well. Add oil to well and with a fork, begin to incorporate liquids into flour by bringing more and more flour into the dough. Add water and continue to incorporate as much flour as will go into the dough. You may not need all of the flour. Gather dough into a ball and knead for 3-4 minutes on a floured surface. Cover with plastic wrap and let stand at room temperature for about 30 minutes.

Divide dough in half, and roll each half on a floured surface until about 1/16 to 1/8-inch thick and shaped into a 10x15 inch rectangle. It might be a little difficult to roll out dough due to elasticity, but keep rolling and you'll get there! Also, you probably won't have a perfect rectangle, but not to worry, you can always trim excess dough.

Place one rectangle on a flat work surface that has been dusted with flour. Cover the second rectangle completely with plastic wrap to keep from drying out.

Filling

INGREDIENTS

- 1 shallot, finely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 3-4 leaves of fresh basil, minced
- 1/4 cup sundried tomatoes, chopped ... and drained, if packed in oil
- 3/4 cup Kalamata olives, pitted
- 1 cup goat cheese

DIRECTIONS

Saute garlic and shallot in oil until beginning to brown. Remove from heat and set aside.

Place sundried tomatoes in the bowl of a food processor. Puree until smooth. Add basil, shallot and garlic and olives and continue to process until smooth. Finally, add goat cheese and puree until well mixed and creamy.

Place 1-2 teaspoons of filling on top of bottom layer of dough, leaving about 1.5 inches of space in between each mound of filling.

Dip a pastry brush in water and brush each channel in between mounds of filling with water to help the top layer stick to the bottom layer.

Now, place top layer over bottom layer lined with filling and with your fingers, press down in between each ravioli mound to adhere top layer to bottom layer of dough. Using a knife or pastry cutter, cut into ravioli squares and again, with fingers, seal each edge of the individual raviolis to prevent filling from escaping during the cooking process.

Place raviolis in plastic container, separating each layer with plastic wrap and store in refrigerator until ready to cook.

When ready to cook, bring a large pot of water to a rolling boil. Drop raviolis in water and continue to boil until raviolis float to the surface. Remove with a slotted spoon and serve with hot Chicken Pesto Cream Sauce. Garnish with fresh basil leaves and freshly grated Parmesan.

Sauce

INGREDIENTS

- 2 chicken breasts, cooked and cut into thin slices
- 1 large red bell pepper, roasted, seeded and coarsely chopped
- 1/2 cup pesto (homemade or store-bought)
- 1/2 cup white wine
- 1/2 cup Half & Half

DIRECTIONS

Heat roasted red bell pepper and pesto in a pot with wine and Half & Half just to boiling. Place pieces of chicken in sauce for about 1-2 minutes, just to heat through, because chicken should already be cooked. Serve over hot raviolis.

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com.

This recipe can be found on our website:

www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



Author Offers Lunch Box Tips, Signs Books in Moraga

Submitted by Lucy Dendinger



Alcalanes High School alumna Katie Sullivan Morford introduced her new book, "The Best Lunch Box Ever," to a group of moms at the home of Lucy Dendinger in Moraga earlier this month. As a registered dietician, food writer and mother of three, she had plenty of tips to help liven up the lunch box routine. She demonstrated a few lunch box ideas to kick off the new school year. Guests were impressed

with the tasty treats and nutritional benefits of her food selection. Diane Eames of Orinda commented, "I love the versatility of the book. I can make delicious and healthful lunches for my kids and me. Plus, the book is very kid friendly and I can involve my boys in the lunch making process."

The guests appreciated the simplicity of the recipes and the sound nutritional advice. Her book includes a section titled

"Fill Your Arsenal" which tells readers everything to have on hand to prepare great lunches every day. The "Plan Ahead" section offers great tips on establishing a healthy lunch routine without the morning frenzy. The "Dirty Dozen" and "Clean 15" are helpful to anyone trying to decide which organic foods are worth the extra expense. For more information about Morford and her new book, visit www.momskitchenhandbook.com.

Author Katie Sullivan Morford signs books at an event in Moraga. Photo provided

Submit stories and story ideas to storydesk @lamorinda weekly.com

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ART

Lamorinda Arts Alliance Open Studios. Once a year, the works of this diverse group of artistic talent can be seen concentrated in a few locations: at the Lamorinda Arts Alliance Open Studios, which will be held this year at nine locations in the Lamorinda area. The work of 29 artists will be available for viewing and for sale from 11 a.m. to 4 p.m. Saturday and Sunday, Oct. 19 - 20. The 2013 Open Studios event will kick-off with a reception and showing of selected artwork at the Orinda Library from 5:30

to 7:30 p.m. Thursday, Oct. 17. Come and sample some delicious wines and cheeses, meet and talk to the artists, and decide where to go to see more of their work over the weekend. Website: www.laa4art.org/openstudios.

Saint Mary's College Museum of Art's current exhibits include: "Points of View" with en plein air painters Mary Lou Correia and Paul Kratter through Sept. 29; "Afterglow", featuring installation, video, painting, sculpture, and photography; "Surface: Transformative Photography from Nevada and the Great Basin"

with vividly colored and abstracted desert detritus and desolate but eerily beautiful abandoned mine interiors by photographer Lee Salouts. Admission: \$5 adults, K-12 free. Hours: Wednesday through Sunday, 11 a.m. to 4:30 p.m. For info, call (925) 631-3379 or visit www.stmarys-ca.edu/saintmarys-college-museum-of-art.

Local artist Marianne Brown, who has taught watercolor in Lamorinda for 40 years, will be honored by two student artists, Orinda artist Jenifer Kolkhorst, who studied with Brown for 25 years, and San Francisco artist Diane Goldstein who also studied with Brown, at a special exhibit featuring the three artists' non-objective and abstract watercolor paintings, and acrylics through Sept. 30 at the Orinda Library Art Gallery. Emanuel Rosenheim, a lifelong painter/ceramicist who has taught for many decades in the area, will also show his works in cases at the gallery.

The Moraga Art Gallery's new show entitled "Indian Summer," highlighting ceramics by resident artist Donna Arganbright, and jewelry by guest artist Terri Durkovic. The show runs through Oct. 26 at 522 Center Street, Rheem Shopping Center, Moraga. Free. The gallery is open Wednesday through Sunday from noon to 5 p.m. For more information, email moragaartgallery@gmail.com or call (925) 376-5407.

The America's Cup challenge is here, and to help the Bay Area celebrate, the Lafayette Gallery is hosting a new exhibition titled "Making Waves" running through October. Themed around water and sailing, the new show links to the "Impressionists on the Water" exhibition currently at the Palace of the Legion of Honor in San Francisco, as well as to the magnificent sight of the AC-72 catamarans foiling across the Bay at 50 knots! The exhibit features not only art in oil, acrylic, watercolor, monotypes and mixed media, but also a wide variety of photographs, jewelry, ceramics and prints for every style of décor and budget. The gallery is open Tuesday through Saturday from 11 a.m. from 5 p.m.; Sundays from 11 a.m. to 2 p.m.

MUSIC

The 3rd Annual Orinda Jazz Festival, a benefit for the Orinda Arts Council, is scheduled from 11:30 a.m. to 7 p.m. Saturday, Sept. 28 at the Orinda Library Auditorium and Courtyard. The star-studded event will include Jason Marsalis from New Orleans, Claudia Villela from Brazil, Mads Tolling from Denmark, the Los Angeles-based Brian Kinler Band, and local favorites Carol Alban, Bob Athayde, Rhonda Burnett Benin, and others. Free music workshops for the community. For details, visit www.orindajazzfestival.org.

A stunning Steinway grand piano appeared in Saint Mary's Chapel in June, a gift from Saint Mary's alums Sandra and William Feaster of Half Moon Bay. To inaugurate the instrument, a concert will be held at 3 p.m. Sunday, Sept. 29 in the chapel featuring faculty and student performances, including solo piano, voice and piano, cello and piano, small chamber music ensembles, a jazz trio and the SMC Chamber Singers and Glee Club. A reception will follow the concert. A suggested \$50 donation will benefit the travel fund of the SMC Glee Club and Chamber Singers as they compete in the World Choir Games in Latvia. Free to SMC students.

Free music in Downtown Pleasant Hill at the Pleasant Hill Chamber's 11th Annual Art, Jazz & Wine Festival from 10 a.m. to 6 p.m. Saturday, Oct. 6 and from 10 a.m. to 5 p.m. Sunday, Oct. 7. Fun for the entire family. Music both days with a variety of bands. Stroll down Crescent Drive and visit many fine arts and crafts booths, restaurants, food vendors, wineries, and microbreweries. Bring the kids for activities and entertainment for the entire family! For more info, visit www.pleasanthillchamber.com.

Lamorinda Community Drumming for Seniors from 11 a.m. to

noon on the second Monday of each month at Lamorinda Music, 81 Lafayette Circle, Lafayette. Drumming has been used for centuries to improve health, create community and provide opportunity for creative expression. No prior musical experience necessary. Instruments will be provided or bring your own drum or personal percussion instrument. Wheelchair accessible, all are welcome. Cost: optional donation, no one turned away. For more info, email community.drumming.seniors@gmail.com or call Colleen at Lamorinda Music: (925) 385-0963.

THEATER

Town Hall Theatre presents "The Rainmaker" by N. Richard Nash directed by Derrick Silva through Oct. 5. Show times and ticket information can be found at www.thtc.org or by calling the box office at (925) 283-1557 or by stopping the theater at 3535 School St in Lafayette. (See story page Bx)

Role Players Ensemble presents Peter Shaffer's "Lettice and Lovage," a funny look at the value of friendship and storytelling. Shows start at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays from Oct. 18 to Nov. 9 at the Village Theatre, 233 Front Street, Danville. Tickets: \$20-28; online at www.RolePlayersEnsemble.com; at Danville Community Center, 420 Front St, Danville; or call (925) 312-3400.

KIDS, PARENTS & TEENS

Be the Star You Are!® booth sponsored by The Lamorinda Weekly from 10 a.m. to 4 p.m. Saturday, Sept. 28 at the Pear and Wine Festival in Moraga. Enjoy writing activities with the young writers of Teen Scene, pick up potpourri and books from Digging Deep columnist, Cynthia Brian. Fun for the whole family. For info, visit http://starstyleradio.com/Events/Entries/2013/9/28_Pear_Festival_2013.html.

OTHER

The Orinda office of Prudential California Realty has set aside Friday, Sept. 27 to staff the Food Bank of Contra Costa and Solano food barrels at Safeway in Orinda and Lafayette. Prudential team members will also be accepting contributions at the South Broadway and Rossmoor Safeway locations in Walnut Creek. The barrels will be available for several days after Sept. 27 to allow local residents ample time to make donations of nutritious, non-perishable food items. The items of highest priority are peanut butter, hearty soups, canned poultry, meat and tuna, canned ready-to-eat meals, canned fruit in juice, 100-percent fruit juice, canned vegetables, canned tomato products, brown rice, enriched rice, whole wheat pasta, and whole grain cereal. Please note that no expired items or glass containers may be collected. For further info, contact the Prudential Orinda office at (925) 258-4088.

Moraga Pear and Wine Festival. This family event includes music, artists' booths, a pear cooking contest, and children's activities from 10 a.m. to 4 p.m. Saturday, Sept. 28 at the Moraga Commons. Local bands will provide entertainment during the afternoon. A limited quantity of fabulous pear pies will be sold; whole or by the slice.

Everyone's welcome at the 19th Annual Middle Eastern Food Festival from 10 a.m. to 8 p.m. Saturday, Sept. 28 and from 11 a.m. to 7 p.m. Sunday, Sept. 29 at St. John the Evangelist Orthodox Church, 501 Moraga Way, Orinda. There will be games, food, live entertainment, folk dancing, crafts and Middle Eastern Heritage exhibits and discussions. Cost: \$2 for adults; children under 12 free. For info, visit www.stjohnnorinda.org or call (925) 258-4255.

Explore an intimate view of John Muir and celebrate National Public Lands Day during a special presentation by Robert Hanna, John Muir's great-grandson, at the John Muir National Historic Site (NHS) at 6 p.m. Saturday, Sept. 28. Hanna will de-

scribe and uncover the many sides of Muir through family stories and never before seen photographs and writings. Seating is limited, and reservations are required. For more info and to make a reservation, call the John Muir NHS at (925) 228-8860.

Bring the whole family for fun and exercise at the 4th Annual Walk n' Roll event from 9 a.m. to 12:30 p.m. Saturday, Sept. 28 to support Las Trampas programs. Walk, Run or Roll 1 mile or 5k along the Lafayette-Moraga trail, starting and ending back at Las Trampas for coffee, snacks, carnival games, entertainment and more. Check it out at www.lastrampas.org to get your t-shirt, goodie bag, prizes from 92.1KKDV games, Dryers ice cream and free raffle ticket with entry fee. It's going to be a great morning for a great cause.

E-waste & Shredding Collection/Fundraiser for Juvenile Hall Auxiliary from 9 a.m. to 4 p.m. Saturday, Sept. 28, 100 Glacier Drive at The Hall Closet, Martinez. Free to recycle televisions, monitors, laptops, cell phones, flat screens & wires. Fee: \$5 per item to recycle: stereos, telephones, CPU's, printers, DVD players, radios, fax machines, small appliances, and similar items. Fee for microwaves: \$15-30. Personal and business secured document disposal is also provided for \$8 per banker's box. For info, call (510) 590-7510

Lafayette Creek Day. Creek clean-up and invasive plant removal from 10 a.m. to 2 p.m. Sunday, Sept. 29 at Leigh Creekside Park in Lafayette (corner of Moraga Blvd. and 4th St.). Wear sturdy closed-toe shoes, long pants and sleeves, sunscreen or hat and bring work gloves and refillable water bottle. All participants must sign a "release of liability" form. Presentations by creek and native plant experts at noon; information booths will be open all day. Email lafayette.creeks@gmail.com for more info.

To mark a decade of volunteer service to the people of Contra Costa County, Parents for a Safer Environment, and co-sponsor, The Town of Moraga, will be presenting the community with a series of the most practical, cost-effective and least toxic pest control alternative demonstrations on the gorgeous grounds of the historical Hacienda de las Flores in Moraga from 8 a.m. to 5 p.m. Tuesday, Oct. 1. Cost: \$10 for each of the six, one-hour demos or \$50 for the entire day. (Half-off for additional registrants from public agencies, non-profits, or businesses with six or fewer staff.) Organic, gourmet lunch available with pre-orders. For info, contact: Susan JunFish, Parents for a Safer Environment, (925) 283-4609; susan@pfse.net or Lysle Buchbinder, Parents for a Safer Environment, (510) 526-7541; lysle@pfse.net.

Unlocking the Key to Cures for ALS, Parkinson, and Alzheimer's Diseases - Paul Alan Cox, Ph.D. will update audience members on this exciting research, current human trials, and the background that led the way to this innovative approach at 7:30 p.m. Wednesday, Oct. 2 at the Orinda Country Club. For more info, visit www.ethnomedicine.org.

"Crime After Crime." Come be inspired by this acclaimed and riveting documentary about the dramatic fight by Orinda attorney, Nadia Costa, and her colleague, Joshua Safran, to secure the freedom of Deborah Peagler, a victim of domestic violence who was coerced by prosecutors into accepting a life sentence following the 1983 murder of her abuser by local gang members. A wine and cheese reception begins at 6:30 p.m. Wednesday, Oct. 2 prior to the film screening, which will be followed by a question and answer session moderated by ABC7 News Anchor, Cheryl Jennings. Location: Orinda Library Auditorium, 28 Orinda Way, Orinda. Tickets: \$20. Funds raised will benefit area domestic violence prevention and response services: www.eventbrite.com/event/8097781683. (See story page B3)

... continued on next page

Lamorinda's Religious Services



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- ▶ Sunday Worship

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OTHER ... continued

Creative Writing Workshop series at Orinda Library from 6:30 to 7:30 p.m. on Oct. 3, 10, 17, 24, and Nov. 7 and 14 in Library Gallery Room. This 6-week series led by author and writing instructor, Jessica Barksdale In-clan, is free and open to the public. Preregistration required by visiting cc-lib.org or register at the Orinda Library information desk, (925) 254-2184

Healthcare Reform discussion presented by: James A. Holt, RHU, REBC. Free information seminars at the Lafayette Library in October. Topics include: What is Covered California? Grandfathered vs. Non-grandfathered plans; Tax Credits – Individual and Small Business; Changes Starting Jan. 1, 2014; and How Will My Health Plan Be Affected? from 7:30 to 8:30 p.m. Thursday, Oct. 3 and from 10:30 to 11:30 a.m. Friday, Oct. 4 at the Lafayette Library and Learning Center, 3491 Mt Diablo Blvd, Lafayette. For reservations, call (925) 280-8700.

Olive Festival for the historic Olive Grove from 1 to 4 p.m. Sunday, Oct. 6 at the Wagner Ranch Nature Area, 350 Camino Pablo and Bear Creek Road (next to Wagner Ranch Elementary) in Orinda. Bring the family for arts, crafts, and games, taste olives and a variety of olive oils and see local chefs demonstrating olive recipes. For more info, visit www.fwrna.org.

Blessing of the Animals: Celebrating the Feast of Saint Francis at 11 a.m. after the service in the Saint Mary's College Chapel Plaza on Sunday, Oct. 6. Bring your hamsters, gerbils, dogs, cats, birds, fish, ferrets, lizards, rabbits, horses, and ANY other animal friend for a special Saint Fran-

cis Day blessing hosted by Saint Giles' Episcopal Church, worshipping in Saint Mary's College Chapel, 1928 Saint Mary's Road Moraga. www.stgiles-moraga.org.

Serbian Food Festival will feature authentic Serbian cuisine and pastries from noon to 10 p.m. Saturday, Oct. 12, with a special feature of barbecued ox, music and dancing at the Holy Trinity Cultural Center, 1700 School Street, Moraga. For info, call (925) 376-6850.

Join the Oktoberfest celebration from 2 to 6 p.m. Sunday, Oct. 13 at the Hacienda de las Flores, 2100 Donald Drive, Moraga. An "oompah" band and authentic German food and beverages will liven up the action at this fundraiser for the Hacienda Foundation. There will be pumpkin painting and games for children. Cost: \$5 per adult; children 12 and under free. Free parking and shuttle from AAAAA Storage on Moraga Road. For info, contact Claire Roth at (925) 376-1686.

Performers for Progress: BuildOn. Miramonte High School's fall show at 7 p.m. Oct. 17-18 will benefit BuildOn, an organization aimed at enhancing education and empowering youth in the U.S. to make a positive difference in their communities, while helping people in developing countries increase their self reliance through education. BuildOn is breaking the cycle of poverty, illiteracy, and low expectations through service and education.

Screening of "Speaking in Tongues," an award-winning film about bilingual education follows four diverse kids on a journey to become bilingual will be shown at 7 p.m. Thursday, Oct. 17 at the New Rheem Theatre, Moraga. This charming story

will challenge you to rethink the skills that Americans need to succeed in the 21st century. Panel discussion to follow the film. Tickets: \$12 in advance at www.casabilingue.org/events; \$15 at door, space permitting. Event sponsored by Casa Bilingüe Spanish Immersion School. Questions? Email info@casabilingue.org.

GARDEN

The Walnut Creek Garden Club (WCGC) will hold its October general meeting at 9:30 a.m. Monday, Oct. 14 at The Gardens at Heather Farm, 1540 Marchbanks Rd., Walnut Creek. The program will be presented by Leslie Bennett and Stephani Bitner, owners of Star Apple: Edible and Fine Gardening, who create aesthetically-designed organic edible gardens, and authors of "The Beautiful Edible Garden" www.starappleediblegardens.com. The meeting is open to the public. Guests and those interested in membership are welcome.

The Orinda Garden Club invites you to enjoy "A Feast from the Forests & Fields," featuring Kevin Feinstein, author, teacher and foraging expert at 10:30 a.m. Thursday, Oct. 24 in the Orinda Library Auditorium. Kevin's presentation will focus on Contra Cost County. Coffee will be served at 10 a.m. prior to the program.

Please submit events to: calendar@lamorinda weekly.com

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“Prisoners”

By Derek Zemrak



From left, Hugh Jackman as Keller Dover and Paul Dano as Alex Jones in Alcon Entertainment's dramatic thriller "Prisoners," a Warner Bros. Pictures release. Photo provided

Compelling, terrifying, riveting and a parent's worst nightmare best describes this chilling new thriller from French Canadian director Denis Villeneuve. "Prisoners" was the "talk about film" at both the recent Telluride Film Festival and Toronto International Film Festival. Villeneuve may not be a household name yet but his previous film, "Incendies," was nominated for an Oscar for Best Foreign Language Film in 2011. In 2009 the California Independent Film Festival showed his short film, "Next Floor," which won the Best Short Film.

"Next Floor" will be shown at the CAIFF preview night at 7 p.m. Oct. 15 at the Rheem Theatre to showcase the quality of films that will be featured at the festival in November. Kudos to CAIFF Alumni!

After "Prisoners," Villeneuve will be a worldwide household name as a director. He brings out the best in the stellar cast that includes Oscar nominee Hugh Jackman ("Les Miserables") as Keller Dover, a working class dad in rural Pennsylvania whose daughter and her best friend have gone missing. Dover takes matters into his own hands when the only suspect, Alex Jones, played the talented young actor Paul Dano ("Little Miss Sunshine") is released after 48 hours by local Detective Loki, portrayed by Oscar nominee Jake Gyllenhaal ("Brokeback Mountain").

Jackman delivers the performance of his life. You feel all the emotions a parent would go through if their child was suddenly snatched away. You empathize with Dover and then turn

against him, but he reels you back in.

"Prisoners" is not like "Taken," for Dover is not a trained CIA specialist but a common working class man who will do anything for his family. This is not a Hollywood knock-off of "Taken." Villeneuve delivers a very different film that will keep you on the edge of your seat right from the beginning, setting the tone by filming the entire movie with no sunshine, just typical East Coast winter gloom.

The supporting cast includes two-time Oscar nominee Viola Davis ("The Help," "Doubt"), two-time Golden Globe nominee Maria Bello ("A History of Violence," "The Cooler"), Oscar nominee Terrence Howard ("Hustle & Flow") and Oscar winner Melissa Leo ("The Fighter").

Get ready for "Prisoners." It is a movie that takes you into a heartbreaking situation that addresses the emotions of each individual from the parents to the supporters and outward through the entire small town. The twists and turns will keep you mesmerized for the entire 2 hours 19 minutes. Do not give away the ending when talking about this film.

"Prisoners" is rated R for extreme violence, torture scenes and strong language throughout the movie. This is not a film for the young ones.

Derek Zemrak is a film critic, film producer and founder of the California Independent Film Festival. You can follow Derek on Twitter @zemrak for the latest Hollywood news. Derek can be heard every Friday on KAHN 950AM on the Pop-poff Show.

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Correction, issue date Sept. 11, 2013, The New Buzzword is Entomophagy: The website for Chirp Farms contained an erroneous character. To purchase cricket snacks, visit www.ChirpFarms.com.



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Nick Gerber Brings Microweber to America

By Sophie Braccini

Building a web presence for a new service or non-profit can be daunting or costly, or both. There is rarely a way around it. As Moraga entrepreneur Nick Gerber was wrestling with the problem for himself, he stumbled across a technology created by two Bulgarian engineers, Peter Ivanov and Boris Sokolov. He found their tools, in his own words, fantastic, so he contacted them and proposed a joint venture to spread Microweber. For all intents and purposes the service is free, at least up to a certain size, and Gerber plans to link it with his other products such as his accounting software.

"This is meant to be exceptionally easy," says Gerber. "If you know how to drag and drop, you can build yourself your own website."

Building a website is indeed easy. You can get a free site name through Microweber (www.microweber.your-name.com), buy a unique domain name through them, or transfer an existing domain hosted by another service provider. From there, interactive menus take you through the steps of

personalizing the free templates and adding more functions and pages. A caveat though, Microweber is an open source product, so it works better with open source operating systems such as Mozilla Firefox or Google Chrome.

Once in the product, the template is easily customizable; you can change everything if you like, adding pages, menus, hierarchies. "We have something that's called 'live edit,'" says Gerber, "you can add titles, pictures, videos, menus, add pages, a contact form, a shopping basket, social media links, or a blog." And of course the sites are "mobile-ready."

People can open shop using Microweber; the shopping basket function creates a data file that is sent to your email, and a Paypal button can be added. Microweber creates application programming interface (API) files that can be used to manage inventory. This function allows linking to complementary software to manage other processes such as client management and shipping.

Microweber will also provide an

interface with Gerber's other brain child, Numia – a free accounting software for small businesses. "A non-profit can even download the Microweber program that's open source and play with it," adds Gerber. Advanced API function requires purchasing premium services.

Now Gerber's job is to promote Microweber. "I am the chief cheerleader," he quips. He believes that the product is so attractive that it will lead to the creation of a giant community. "People can even make money with us by creating their own templates using Microweber and selling them through us," he adds.

Microweber profits come from hosting sites with private domain names and from users purchasing premium services, such as bigger space, support from Microweber, or advanced API functions.

Check it out at www.microweber.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

Wells Fargo Advisors Opens New Office in Theatre Square
2 Theater Square, Suite 210, Orinda
(925) 253 4306



From left: Gary Ledbetter, Scott Hampton, Alan Metheny and David Clarke.
Photo provided

The new Wells Fargo Advisors in Theatre Square boasts professional wealth management counselors with vast experience. Over the years Alan Metheny, a 30-year wealth management veteran, has observed an evolution in his clients' requests. "People used to have their mind set on some specific stocks," he says, "now they are looking at investments all over the world." As for how much money clients need to retire, he says, "it depends on your lifestyle and expectations." Many factors have to be considered when people prepare for retirement, he adds, such as the continuous increase in health care costs and longer life expectancy. "We help our clients keep track of the goals, not take too much risk, but not panic either," he adds. During the 2008-09 financial meltdown, his advice to clients was to stay the course. "If there is one thing that this crisis taught us, it was the importance of being diversified." An Orinda resident, Metheny has three kids – two at Miramonte High School and one in college. His partners at Wells Fargo Advisors are David Clarke, Scott Hampton and Scott Hampton Jr., Gary Ledbetter, and Mark Passalacqua.

Kenny Lau Named Moraga Employee of the Month for September

Kenny Lau, who has been serving patrons at the popular Moraga restaurant, Chef Chao, for almost 30 years has been named the Moraga Employee of the Month for September. Lau's familiar face and outgoing personality has made him one of the most popular servers in the local restaurant community. He goes out of his way to get to know his customers. "Kenny is so friendly with our customers that many will always ask for his station because of his personality," said owner Henry Chao. "He has been with us for over 25 years and is a large part of our success." Lau will receive Safeway and T.J. Maxx gift cards, which will be presented by the Rotary Club of Moraga and the Chamber of Commerce at the Moraga Rotary luncheon Oct. 1.



From left: Henry Chao, Kenny Lau and Frank Melon
Photo provided

News from the Three Chambers of Commerce

Tri-Chamber Mixer and Film Festival Kick-off. The Orinda, Lafayette, and Moraga Chambers join together to kick-off the California Independent Film Festival from 5:30 to 7 p.m. Wednesday, Oct. 23 in the lobby of the Orinda Theatre, 2 Theatre Square, Orinda.

Lafayette

Ribbon Cutting at California Human Resources LLC at 5 p.m. Thursday, Oct. 24 at 201 Lafayette Circle, Suite 200.

Chamber Mixer at 5:30 p.m. Wednesday, Oct. 9 at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd.

Moraga

Membership meeting at 7:30 a.m. Friday, Oct. 25 at the Hacienda de las Flores. Roger Poynts will make a presentation of his project for the 'painted rock' property.

Orinda

Orinda Chamber Member Luncheon at noon Friday, Oct. 25 at the Orinda Country Club. Tickets and reservation at OrindaChamber.org.

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Sophie Braccini at sophie@lamorindaweekly.com

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LAMORINDA SPORTS

High School Tennis in Full Swing

By Marissa Harnett



Aleksandra Singer



Photos Gint Federas Sofia Marino

The high school girls' tennis season is in full swing. After playing a few warm-up matches against other DFAL opponents, the Lamorinda rivalry action started on Sept. 19 with Acalanes (3-0) hosting Campolindo (2-2). In the first of two meetings against Campo this season, Acalanes took home a 6-3 victory.

Acalanes has seen a big change in its coaching staff this year. Instead of one head coach, the team now has four novice coaches with USTA recreational tennis backgrounds. They have already seen early success and are excited to see how the rest of the season unfolds.

"We believe that the Acalanes girls' tennis team will be extremely competitive," coach John Vocke said. "The girls are enthusiastic and have come together as a team."

The Dons return their top four players and add two more big contributors creating depth in their line-up. "We also have a number of seniors who have returned and are providing leadership to our younger players," Vocke explained.

In the Thursday match-up, the Dons swept all the singles matches and Campo took home all the doubles.

Acalanes' top four singles players were unstoppable, dropping just three games out of 48. Conversely, Campo dominated in the doubles having no trouble dispatching their opponents in straight sets.

The no. 5 singles match was the one to watch. Acalanes sophomore Aleksandra Singer and Campo's Sofia Marino battled heat and fatigue to play out a competitive match in a 10-point super tie-

breaker. Singer came out on top winning 6-4, 1-6, 10-8.

In the no. 6 spot, Acalanes freshman Skylar Jeveli had a tough time defeating Campo's Emma McDonell. It was a hard-fought match ending with a 6-3, 6-3 win for Jeveli.

"If we could have squeezed out our line 5 and 6 singles, we could have won the match," Campo assistant coach Sunun Faulkner added, "Our goal is to beat them when we play them again."

As DFAL champions in previous years, Campo now finds itself in a rebuilding year with a challenging season ahead. The team lost 13 players from a 17 player roster in 2012.

Head coach Steve Robinson is both optimistic and realistic about his young team. "Our new players are very enthusiastic and working hard every day to improve their tennis skills," he explained, "We are hoping for a 3rd place finish in the conference."

Robinson predicted Miramonte and Dougherty Valley to be the top two teams in the league.

Miramonte head coach Michael McCollom agrees that Dougherty Valley will be a top contender for the title. "Dougherty Valley is the team to beat this year," he said. As DFAL champion for 12 of the last 14 years, it will be a challenge for the Mats to earn the title this season.

Despite their one loss to Dougherty Valley, the Lady Mats are off to a strong start. They are 2-1 in DFAL and 7-2 overall. They won the James Logan tournament, beating top teams from other leagues.

McCollom feels he has a deep team this year returning many top players including four players from last year's singles starting line-up and adding four significant freshmen.

"There is a new group of dynamics every year even when you return a lot of players. Peer leadership is an enormous part of your success," he explained.

See Acalanes and Miramonte in action tomorrow at 3:30 at Acalanes. Campo will travel to Orinda to face the Lady Mats on Oct. 1.

Results of Acalanes/Campo match, Sept. 19

SINGLES

1. von Ebbe (ACA) d. Ross 6-0, 6-0
2. Heidenreich (ACA) d. Leserman 6-0, 6-0
3. Karagocev (ACA) d. Moiceanu 6-0, 6-1
4. Van Pell (ACA) d. Price 6-1, 6-1
5. Singer (ACA) d. Marino 6-4, 1-6, 10-8
6. Jeveli (ACA) d. McDonell 6-3, 6-3

DOUBLES

1. Brewer / Kallerud (CAM) d. Kwok/ Bittner 6-0, 6-1
2. Finney / Zhong (CAM) d. Ladrech / Harrington 6-2, 7-5
3. Roberts / Warner (CAM) Yang / Ho 6-0, 6-0



Skylar Jeveli



Emma McDonell



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Gaels Off to Rocky Start in Preseason

By Michael Sakoda



Caroline Beaulne began the season hot, scoring two goals in six games. Vicki Shimus recorded an assist in the game against Cal. Melinda Madden scored a goal to tie the game against Cal.

Photos Tod Fierner

After a hard season last year, the Saint Mary's College women's soccer team looks to bounce back, but has one of the Top-10 most difficult schedules in the nation and has already faced some tough opponents.

After a 3-0 shutout in the opening match against Grand Canyon on Aug. 23, the Gaels (3-7) took to the road. Saint Mary's faced top competition and lost four of five games, all shutouts. They fell 0-1 to No. 11 San Diego State, 0-2 to No. 16 Denver,

0-2 to No. 25 Colorado, and 0-3 to No. 22 Marquette.

"We lost four of our first six games to top 25 teams on the road...which proves we're not a top 25 team on the road," said head coach Kai Edwards.

The Gaels did pick up a win on the trip, defeating Loyola Chicago 3-0 on Sept. 8.

Still, Edwards is hopeful. "What I'd like is for us to rise to the challenge and fix moments of games," he explained. "We didn't lose any of those games because for 90 minutes a team took it to us. We lost them in 1-2 second let downs on our part."

The Gaels returned home and defeated New Mexico 1-0 on Sept. 13, but then lost three straight. They dropped a game 0-2 to Lehigh on Sept. 15 at home before traveling to No. 2 Stanford where they lost 0-5 on Sept. 19.

On Sept. 22, the Gaels dropped a second half heartbreaker, 2-4, to No. 12 California. Senior Melinda Madden hit an equalizer in the 62nd minute, but Cal stormed back to win.

The good news is the Gaels have some added fire power in their arsenal. "Caroline Beaulne missed the first four games last year because she was competing in the under 20 World Cup," explained Edwards.

Beaulne ended last season with two goals and four assists, but has already made waves going for two goals, two assists in her first six games.

"She's all-preseason," said Edwards. "We expect another level out of her. She's definitely one of our most dangerous and

talented strikers."

The team is also motivated by a motto, "MTXE," standing for "Mental Toughness, Extra Effort."

"We preach that, every game, every halftime," said sophomore centerback Casiede Lynch. "It's about accountability to the pursuit of perfection. We hold each other accountable on the field and know the standard we have to play at."

Despite the rough start, the team's attitude remains optimistic.

"I think our best game was at Denver. We didn't win, but that's not what we remember," said Amanda Glass, a fifth-year transfer from Cal. "We came out hard and kept that intensity up...we were really organized, doing a good job attacking, a good job defending."

The non-conference schedule notwithstanding, the road ahead will be tough for St. Mary's.

"I think we have a lot to prove to ourselves and to our school in the conference," said Edwards. "If we hold ourselves to a high standard, we have the talent to be a middle of the pack in the WCC which historically gets about four or five teams in the NCAA Tournament."

Currently, the WCC boasts three top-25 teams: No. 11 BYU, No. 16 Portland, No. 22 Santa Clara. Pepperdine is also receiving votes.

Saint Mary's hosts Cal Poly on Friday, Sept. 27 at 4 p.m.



Vicki Shimkus



Anne Whipple

LMSC Team Plays First Club Tournament

Submitted by Laura Lamison



Back row, from left: Jada Deitrick, Sasha Lesjack, Kendal Geddes, Bridgette Lane, Sophia Awad, Ava Jacuzzi, Wynter Rivera, and coach "Momo"; front row: Nicole Lamison, Katherine Lankford, Isabella Aris-Dumas, Gabriella Kummer, Avery Welch, and Alexa Carter. Photo provided

The Lamorinda Soccer Club's U9 White team played in the Walnut Creek Jamboree on Aug. 10-11. It was the first time that any of the girls played in a competitive soccer match at the club level, and they held their own. No official score is kept for the tournament, but the girls played aggressive soccer, making their coach Seydina Diaw (a.k.a. Momo) pleased with their effort.

Backyard Baseball gets Competitive

Submitted by Jim Malmquist



Back row, from left: Jared Kolsut, Nathan Tarkoff, Simon Oh, Sebastian Varella, Jeff Dible, Mark Shaw; middle row: Ben Stoddard, Grant Malmquist, Gareth Kwok, Eddy Burns; front row: bat boy Collin Malmquist; not pictured: Sam Saracevic, Aidan Alagappan, Zach Varella, Josh Thuma Photo provided

Grant Malmquist and Ben Stoddard decided to spend their summer playing baseball. So, they organized, ran, and played on the baseball team that they put together with their friends. The Lafayette Yetis played in the two-day tournament hosted by All-World Baseball in Fremont on August 24-25. Highlights: Gareth Kwok went 2-for-5, 1 RS, and 5 stolen bases; Grant Malmquist went 2-for-4, RS, 1 RBI, 8 stolen bases; Eddy Burns went 1-for-5 and pitched 4 shutout innings.

Cal Magic Take Sonoma Classic

Submitted by Greg Davis



Front row, from left: Vanessa Vaisnor, Keeley Murphy, Lauren Van Stralen, Mia Grillo, Molly Ikeya, Anya Li, Emily Smith; back row: Kaitlin DeVries, Holland McDonald, Kierra Krawec, Sam DeVecchi, Pam Nichols, Jackie Nichols, Rachel Brickman, Isabel Hough, Annie Midthun, Molly Davis, Kate Minden. Photo provided

California Magic soccer club's U14 girls repeated last year's performance at the 8th Annual Sonoma County Alliance Labor Day Weekend Tournament championship. The girls outscored opponents 11-3 to take

home the title. Upon receiving their trophy, the Magic girls dedicated the tournament and their trophy to Pam Nichols, the team's manager and club vice president.

Lamorinda Baseball is No. 1

Submitted by Steve Allen



From left: Coach Rudy Lopez, Lucas Allen, Javier Lopez, Josh Alvarado, Dandre Gaines, head coach Rick Rider. Photo provided

When Lucas Allen joined the Lamorinda Spartans back in 2011, the team had one goal: to win a national championship.

The team, based in Moraga, is composed of players from around the bay area.

After playing nearly 80 games (69-10) since Jan. 1 and traveling 23,000 miles, Travelball Select has named the Lamorinda Spartans the 12U National Champions for 2013. The team earned the ranking of No. 1 team in the nation.

Teacher Earns Silver Medal in Karate

Submitted by Caroline Tsuyuki



Caroline Tsuyuki (right) of Lafayette earned a silver medal in the adult women's division of Shito-Ryu karate at the 9th World Karate Do TaiKai Championships held in July in Osaka, Japan. Tsuyuki is a science instructor at Stanley Middle School.

Photo provided

Lamorinda Weekly

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Strokes Succeed in Canada

Submitted by Lynn Klinkenberg



U19 Womens 8+, from left: Amy Tarczyski, Jillian Lundstrom (Miramonte), Jennifer Mundelius, Abby Vare, Margaret Ross (Miramonte), Madelynn Prendergast, Olivia Klinkenberg (Acalanes), Marie Johnson (Miramonte), Gabriella Pascual-Mead. Photos provided

Oakland Strokes varsity women's team returned with a "boatload" of gold medals from the Royal Canadian Henley Regatta, which took place in Ontario on Aug. 4-11.

Of the 21 events they entered, Oakland Strokes boats reached six finals, and won three of them: Senior Lightweight Womens Dash 8+,

Under 23 Lightweight Womens 8+, and Under 19 Womens 8+. Between the three boats, seventeen athletes won a total of 27 gold medals.

"Getting to the finals at Henley is a challenging goal for any rower," says Teresa Guthrie, varsity girls' coach, "winning gold is a real accomplishment."



U23 Lightweight Womens 8+, from left: Elizabeth Pate (Miramonte), Marie Johnson (Miramonte), Gabriella Pascual-Mead, Alanah Anderson, Kelsey Anderson, Alessandra Lucas (Acalanes), Margaret Odell (Miramonte), Tenaya McCoy, Madelynn Prendergast.



Senior Lightweight Womens 8+ Dash, from left: Elizabeth Pate (Miramonte), Marie Johnson (Miramonte), Gabriella Pascual-Mead, Alanah Anderson, Tori Wong (Miramonte), Alessandra Lucas (Acalanes), Elizabeth Hofinga (Miramonte), Tenaya McCoy, Madelynn Prendergast

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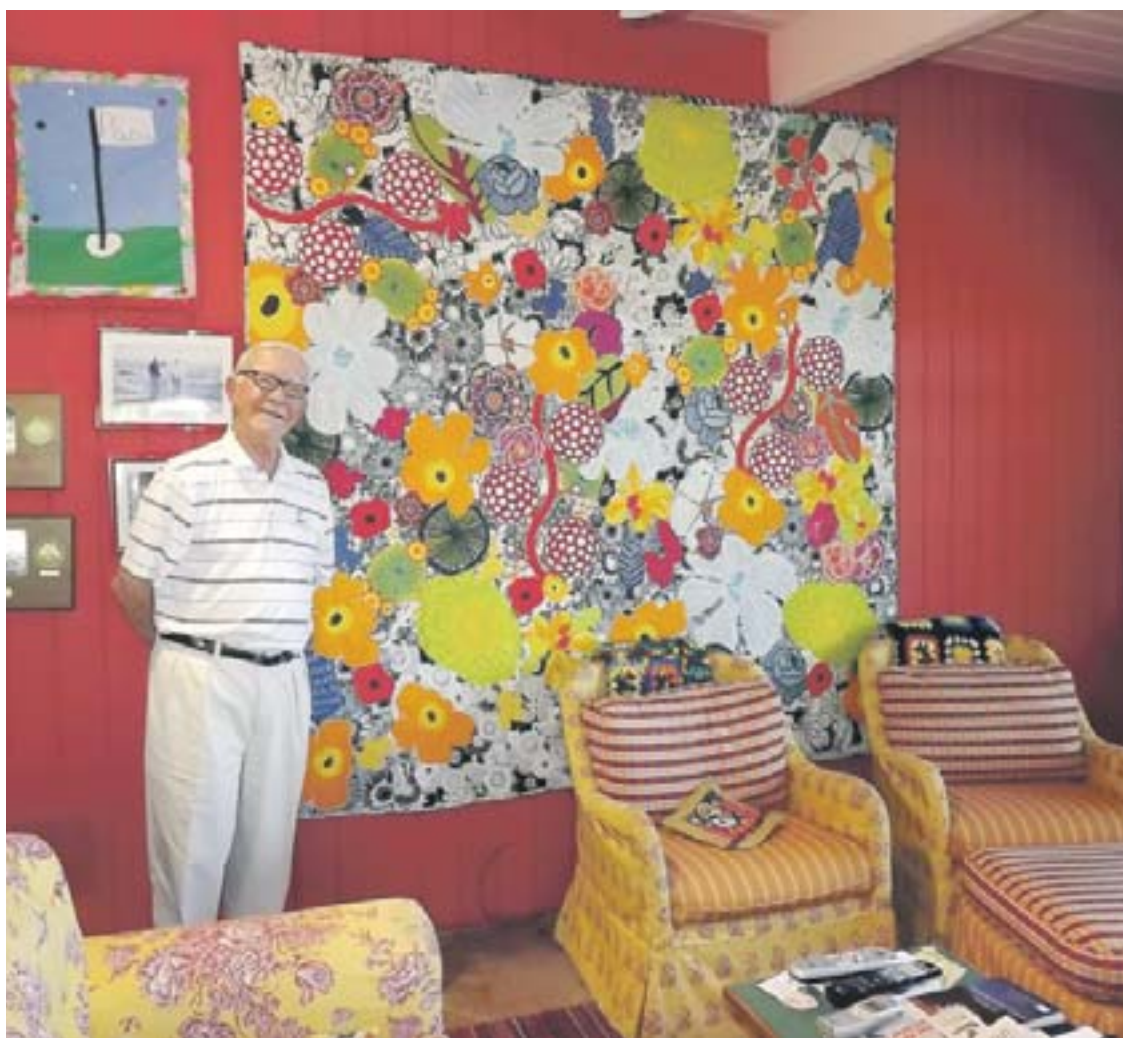
Over the Rainbow

Artist's mid-century home boasts bright walls and colorful art collections

By Cathy Dausman



Digging Deep with Cynthia Brian ...read on page D8



Artist Freddy Moran's husband, Neil, stands in his home office, complete with bright red walls, a peach ceiling, yellow and red overstuffed chairs, one of Moran's original quilts on the wall and a to-die-for view. Photo Cathy Dausman

It was a decision as clear as black and white – before she ever set foot inside, artist Freddy Moran knew she would buy the house. The 900-square-foot Eichler-style home was perched

on a hilltop in Orinda, with backyard views encompassing Sleepy Hollow and Orinda Downs.

“On a clear day you can see Mt. Tamalpais,” she said. But the house was entirely brown, down

to its tile flooring. That was 17 years ago, and that was the last time the adjective “drab” would apply. Today it is a carousel of floor-to-ceiling color that would make a peacock blush.

Moran and her husband, Neil, bought the home after raising five boys in nearby Lafayette. “I felt this would be a happy place to live,” she said. It’s hard not to feel happy – and more than a bit slack-jawed – entering the artist’s home.

The couple reconfigured rooms and added windows, carving out a total of 3,100 square feet of living space while largely staying true to the original footprint. They enclosed the home’s courtyard entryway with glass skylights, raised the sunken floor and painted the walls deep purple. A 50-year-old fiddle fern fig planted inside now reaches for the second story ceiling. Riser-less stairs with checkerboard trim and dotted with stars point the way to the master bedroom, which Moran said “feels like a tree house.”

It was the first room to be repainted, and it was done over in purple.

The couple made a conscious decision to forego curtains and drapes, both of which are superfluous for a private hilltop lot. Moran said the original brown hallway “felt like a movie theater” and “was so dark, you almost needed a flashlight to navigate.” Its lavender walls now showcase another quilt plus a loving collection of family pictures. The guest room is painted a vibrant shade of turquoise which even splashes color across its open-beamed ceiling. It’s a perfect place for the art quilter to showcase her handiwork.

... continued on page D4



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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	22	\$375,000	\$2,540,000
MORAGA	13	\$265,000	\$1,731,500
ORINDA	12	\$379,000	\$3,100,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

- 3316 Betty Lane, \$925,000, 3 Bdrms, 2815 SqFt, 1952 YrBlt, 8-22-13;
Previous Sale: \$41,500, 04-24-74
- 1190 Brown Avenue, \$1,200,000, 5 Bdrms, 3244 SqFt, 2000 YrBlt, 8-23-13;
Previous Sale: \$1,050,000, 04-23-10
- 9 Chapel Drive, \$1,900,000, 4 Bdrms, 3211 SqFt, 1962 YrBlt, 8-28-13;
Previous Sale: \$1,650,000, 06-25-03
- 33 Chapel Drive, \$1,330,000, 4 Bdrms, 2564 SqFt, 1962 YrBlt, 8-16-13;
Previous Sale: \$1,427,500, 04-14-05
- 2420 Cherry Hills Drive, \$650,000, 4 Bdrms, 2200 SqFt, 1962 YrBlt, 8-29-13;
Previous Sale: \$502,000, 09-02-08
- 944 Dewing Avenue #A, \$545,000, 2 Bdrms, 1296 SqFt, 1976 YrBlt, 8-20-13;
Previous Sale: \$379,500, 10-22-02
- 3283 Gloria Terrace, \$819,000, 3 Bdrms, 1453 SqFt, 1954 YrBlt, 8-22-13;
Previous Sale: \$640,000, 12-03-09
- 3662 Happy Valley Road, \$2,540,000, 5 Bdrms, 3708 SqFt, 1960 YrBlt, 8-28-13;
Previous Sale: \$1,250,000, 01-23-95
- 3286 Isola Way, \$965,000, 4 Bdrms, 3080 SqFt, 1979 YrBlt, 8-28-13;
Previous Sale: \$462,000, 11-18-96
- 103 James Place, \$1,295,000, 3 Bdrms, 1952 SqFt, 1964 YrBlt, 8-21-13
- 20 Jennifer Highlands Court, \$1,205,000, 4 Bdrms, 3538 SqFt, 1996 YrBlt, 8-16-13;
Previous Sale: \$975,000, 12-20-02
- 609 Lancaster Drive, \$1,075,000, 3 Bdrms, 2079 SqFt, 1957 YrBlt, 8-22-13
- 4011 Mt. Diablo Boulevard, \$850,000, 3 Bdrms, 2402 SqFt, 1977 YrBlt, 8-23-13
- 36 Olympic Oaks Drive, \$1,169,500, 3 Bdrms, 2329 SqFt, 1997 YrBlt, 8-29-13;
Previous Sale: \$518,000, 04-16-98
- 1071 Orchard Road, \$800,000, 3 Bdrms, 1446 SqFt, 1947 YrBlt, 8-20-13;
Previous Sale: \$635,000, 04-19-13
- 2473 Pebble Beach Loop, \$802,000, 4 Bdrms, 2323 SqFt, 1963 YrBlt, 8-29-13;
Previous Sale: \$335,000, 12-12-91
- 1974 Reliez Valley Road, \$1,248,000, 4 Bdrms, 3430 SqFt, 1978 YrBlt, 8-16-13;
Previous Sale: \$22,000, 08-29-75
- 3107 Sandalwood Court, \$1,070,000, 4 Bdrms, 1595 SqFt, 1962 YrBlt, 8-15-13;
Previous Sale: \$950,000, 09-29-05
- 840 Santa Maria Way, \$1,000,000, 4 Bdrms, 2125 SqFt, 1942 YrBlt, 8-28-13;
Previous Sale: \$393,000, 06-07-96
- 3431 St. Marys Road, \$1,000,000, 5 Bdrms, 2824 SqFt, 1971 YrBlt, 8-16-13
- 3244 Sweet Drive, \$747,500, 3 Bdrms, 1163 SqFt, 1949 YrBlt, 8-19-13;
Previous Sale: \$312,000, 12-08-97
- 3701 West Road, \$375,000, 1 Bdrms, 832 SqFt, 1977 YrBlt, 8-22-13;
Previous Sale: \$164,000, 01-28-99

MORAGA

- 117 Ascot Court #B, \$265,000, 2 Bdrms, 1191 SqFt, 1973 YrBlt, 8-29-13;
Previous Sale: \$381,000, 08-29-06
- 758 Augusta Drive, \$785,000, 3 Bdrms, 1917 SqFt, 1974 YrBlt, 8-20-13
- 601 Augusta Drive, \$585,000, 2 Bdrms, 1262 SqFt, 1976 YrBlt, 8-28-13

... continued on page D11



KURT PIPER GROUP



The best of the Lafayette Trail. Custom built in 2003, this gorgeous 5BR/3.5BA includes a 4100± sq. ft. main house, 800± sq. ft. guest house & 985± sq. ft. 3-car garage. Situated on a pancake flat .37±AC with sprawling lawn, outdoor kitchen, large patio & sport court. **733 Los Palos Drive, Lafayette • Offered at \$2,185,000**



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Realtors Recommended for a Reason



Over the Rainbow

... continued from page D1



A 50-year-old fiddle fern fig reaches to the second story ceiling.

Photos Cathy Dausman

One quilt bedecks the guest room four-poster bed; others are displayed on the walls; more quilts drape the seating area. In addition to bold colors, there is a collection of whimsical artwork, some made, others chosen by Moran. The 3-foot-tall handmade cloth dolls that sit along the sidelines were designed by Moran, and brightly decorated Majolica plates, a mix of new and collector's pieces, form wall decorations in several rooms. An animal still life area rug near the entryway fig tree is almost too pretty to walk on.

Her husband Neil admits he was "assigned" the room which became his home office, complete with bright red walls, a peach ceiling, yellow and red overstuffed chairs, a Freddy Moran original quilt on the wall and a to-die-for view.

And although he may not appreciate the subtleties between red, orange and coral colors, (he is, ironically, red-green colorblind) he emphatically likes

this space.

Moran transformed the carport into her quilting workshop, adding windows and removing closet doors to show off a plentiful fabric inventory. A second closet full of black and white fabric manages to "pop the artwork color, and balance the light" on her signature quilts and brings high contrast to yet another space.

Lively green tile and area rugs brighten the living room floor. A McKensie Childs fence decorates the fireplace opening. A set of ceramic fabric squares top the living room's glass coffee table, now covered with collectibles and art.

Soon after the house was redone, Moran said a parcel delivery worker peeked inside in awe. "Is this a house?" he asked. "Can I bring my wife [to see it]?"

Moran said yes.

Clearly, the woman who calls bright red a neutral color knows what she's doing.



One of Moran's colorful 3-foot-tall cloth dolls.



Freddy Moran shows a sampling of colorful quilts stacked neatly in shelves.

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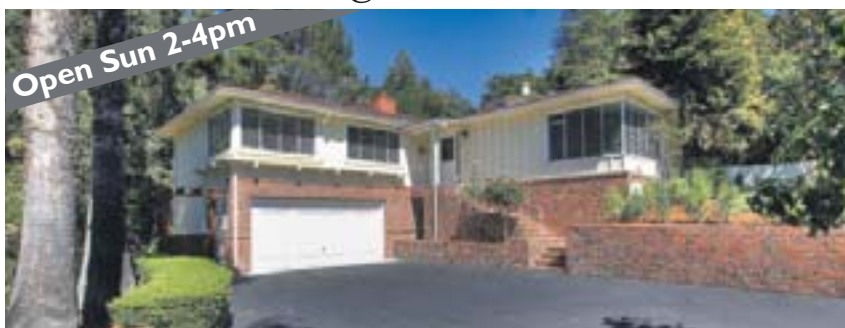


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About the Artist: Crazy for Quilts

By Cathy Dausman



Artist Freddy Moran stands next to her self-portrait quilt. Photo Cathy Dausman

"When you raise boys you don't sew," Freddy Moran explained. Those are strange words coming from an art quilter who reinvented herself at age 60 and has since designed over 500 quilts.

Moran has taught "all over the world," been the featured solo artist in quilt shows, attended and joined quilt guilds, written three books and still works full time daily in her home studio doing what she loves – designing brightly colored, high contrast quilts "big enough to cover you" in the collage style. She continually finds inspiration in African American and children's art.

One of her daughters-in-law signed up for a quilting class, she said, "... and dragged me with her. I went kicking and screaming." Although vowing "I don't 'do' thread," Moran also remembers stopping in at a Lafayette fabric shop and "instantly falling in love with the colors, feel and designs."

Being brave enough to take her first quilting class was only the beginning. Moran made just two quilt blocks in the traditional method, using dark colors and trying to align "perfect points." Feeling frustrated, and having hit a creative snag, Moran "got out a lot of fabrics" and decided "I'm going to make houses." They were intentionally "outrageous" – houses colored lime green, purple and orange. She showed them to her teacher, who pronounced them "sensational!"

That enthusiasm spurred her on.

Moran had her first solo show eight years after she started, and 23 years later said she's "going like a house afire!" In the intervening years, Moran purchased and taught herself how to machine sew and travelled the world teaching workshops on land and aboard ships on quilting cruises.

"With success goes responsibility to give back," said Moran, so she shared her tactile and

colorful artwork designs with students at Sleepy Hollow Elementary School, taught for Lafayette Partners in Education and designed quilts for Children's Hospital Oakland. She still teaches along the west coast, "from Washington to Mexico," she said.

The woman with an art degree from Dominican University of California admitted she had little time to focus on art while raising her five sons. She dabbled in pottery, but explained that "60 years ago the glazes were all earth color." That was hardly a match for the artist who quilted a self-portrait using red as a neutral color.

Moran loves the quilting process because it offers "something for everyone," at every level. "You can use kits or freelance," she said. "Do not be afraid to break the rules," she counseled would-be quilters. "We're all entitled to make a really terrible piece of artwork," said Moran. Sometimes for her, that means using quilt "failures" as quilt backing.

For Moran, quilting is a happy blend of scales both small and large.

Looking ahead, Moran said if she still has her "marbles and enthusiasm," she plans to be quilting at 90. "I wanted my grandchildren to know I had walked this earth and made a difference," she said.

Workshops and Shows:

- Sept. 28, East Bay Heritage Quilters, Albany United Methodist Church
- January-February, 2014 Gallery show, Pacific Grove, Calif.

Books:

- "Freddy's House" (out of print)
- "Collaborative Quilting" (co-authored by Freddy Moran and Gwen Marston)
- "Freddy & Gwen Collaborate Again" (authors Moran and Marston)

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Digging Deep with Cynthia Brian

Harvest a Medicine Chest

By Cynthia Brian

“Flowers always make people better. Flowers are sunshine, food and medicine to the soul.” – Luther Burbank



Make a sunflower tea from the leaves and flower petals to treat colds and coughs.

Photos Cynthia Brian

Whether you have a sore throat or a sore hip, your prescription for optimum health may be as close as your garden. Since the dawn of humanity, even before recorded history, herbs and plants have been used for medicinal purposes. Ancient cultures including the Chinese and Egyptian documented on papyrus the benefits as early as 3000 BC. One fourth of pharmaceutical drugs we find on the market today are derived from botanicals. According to the World Health Organization, approximately 80 percent of the Earth's population depend on herbal remedies as primary health care.

The falling autumn leaves signal the beginning of the influenza season as most of us rush to our local internist or drug store for the updated flu shot. I have already been vaccinated and now am preparing my first aid kit with natural remedies from my garden pharmacy. Many fruits, vegetables, herbs, seeds, and leaves that are growing in your garden can be harvested not

only to be added to your dinner menu, but to boost your immune system, clean wounds, calm bites, reduce fevers, and arrest pain. Always consult your physician before beginning any new regimen and of course, if you need medical attention, seek a physician.

Here is a short list of my favorite common specimens and the ailments they relieve.

Mint: Spearmint, peppermint, hyssop, or any mint except pennyroyal (poisonous), is not only great for making your breath smell fresher, but is useful for soothing headaches, reducing fatigue, calming stomach aches, fighting nausea, and keeping colds and flu at bay. For indigestion or diarrhea, chew on peppermint leaves. Nosh on mint raw, add it to salads, garnish dishes, or make mint tea. Mint is one of the wonder drugs.

Catnip: Besides making cats euphoric, catnip relieves cold symptoms, toothaches, flatulence, and breaks fevers. It is a member of the mint family, can be

eaten raw or made into teas. Pregnant women should not consume catnip as it may induce contractions.

Rosemary: This Mediterranean herb is part of the mint family also. It's called the "remembrance" plant be-



Remember rosemary to boost memory and aid with circulation.

cause it improves circulation to the brain. The oil in the flowers act as antibacterial and anti-fungal agents. Add rosemary to meats on the barbecue grill.

Sage: The name says it all. Salvia, derived from the Latin, salvere, meaning to be saved. Sage is a lifesaver as it aids in multiple ways. Sage reduces diarrhea, relieves cramps, kills bacteria, minimizes inflammation, reduces swelling, and fights colds. Make a poultice or salve for cuts, burns, and bruises.

Red Clover: It may be growing in your lawn or you may use it as a cover crop. The pink flowers can be made into a broth to ease coughs and colds.

Allium: Increase your intake of onions, garlic, leeks, shallots, and chives not only for the aromatic culinary delights, but also if you suffer from arthritis, rheumatism, or joint pain. Researchers have found diallyl disulphide, a substance found in alliums inhibit enzymes that cause damage to joint protective cartilage. Raw or cooked the delicious allium appear to boost your immune system. When we were kids, we even put a clove of garlic in our ears with a bit of olive oil to battle earaches. Garlic is reputed to keep vampires away, too.

Parsley: After a garlic infused meal, a bite of fresh parsley sprigs freshen your breath. Parsley also inhibits the secretion of histamines, which cause allergies and hay fever. A tea of parsley seeds or leaves is also helpful as a diuretic or laxative.

Dandelion: We all have dandelions sprouting somewhere in our gardens. Instead of cursing these tough weeds, embrace them as a nutritious addition to your diet to enhance the elimination of toxins. Dandelions may be used as a diuretic to help with PMS symptoms. Chop the leaves and add them to salads ramping up the intake of vitamin C and beta carotene.

Elderberry: Hippocrates named his elderberry tree a “medicine chest” in 400 BC. The blue/black berries made into jams, syrups, and wines are high in antioxidants, vitamin C, and iron.

Grape: Grind ripe grapes into a juice and drink without adding any other liquid to relieve migraines.

Winter savory: You use it to flavor stews, meat, and soups, but did you know that the leaves are effective antiseptics and also an ointment for insect bites and stings?

Lady fern: Roll some leaves in the palm of your hand and mash them to soothe minor burns, stings, and cuts.

Lavender: What is a garden without the soothing smell of lavender? Besides being a bee magnet, rubbing the flowers or leaves between your fingers then inhaling the fragrance is a sure stress reliever and tension liberator. If you are feeling depressed or anxious, lavender soothes the soul. Make a tea of lavender to induce sleep or use the petals in the bath as aromatherapy to bring on the calm.

Sunflower: It's not just the seeds that are nutritious, but a tea made from the leaves works as an astringent, expectorant, and fever reducer. Use sunflower tea to treat colds and coughs.

Aloe Vera: This is a plant that everyone must have around the house. For burns and minor abrasions, pop open a leaf and rub the jelly on the wound to keep it from getting infected. Aloe is a great mild laxative when added to water and alleviates heartburn and sunburn.

Cabbage: Crush a handful of leaves, wrap in a cloth, and apply to the forehead as a compress to help with headaches. When the compressed leaves dry out, replace them with fresh leaves.

Lemon: I use every part of the lemon for a variety of health treatments. Before any speaking engagement, radio or TV appearance, I drink a hot concoction of Meyer lemon rinds, juice, and pulp mixed with mint, water, and honey to clear my throat and enhance my vocal chords. Feel a cold coming on? Drink this brew with added torn lemon leaves, shredded ginger root, and Echinacea flowers. To clean my hands after gardening, I cut a lemon and rub them over my dirt stained digits. Want lighter, brighter locks? Squeeze the juice of any lemon on your hair and enjoy the sunshine. Migraine? Grind the peel and apply as a paste to the forehead.

Chamomile: Use fresh or dried florets and leaves to making a tummy calming tea. Chamomile helps steady jittery nerves and anxiety.

Rose: The fruit of the rose is the rose hip, one of the richest plant sources of vitamin C, high in vitamin A, B, and the antioxidant lycopene. Eat raw, cooked, or brewed to prevent colds and flu as well as an anti-inflammatory to relieve the pain of arthritis. Use the rose petals to make a lovely scented rose water for an astringent, skin toner, and body bath.

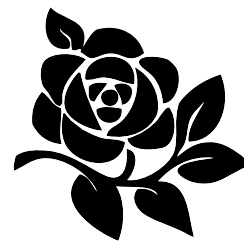
Apple: Filled with antioxidants, pectin, and fiber, apples fight tooth decay, decrease risk of diabetes, lower cholesterol, protect against Parkinsons, cancers, and perhaps Alzheimer's diseases, prevent cataracts, gallstones, and boost the immune system. An apple a day will keep the doctor away.



Feeling tense or have an upset stomach? Pick chamomile flowers and feel the tranquility.

These are just a smattering of the plant based healing that you will find in nature's drug store, also known as your backyard garden. If the year was 1692 and I lived in Puritanical Salem, I'd be hung as a witch for prescribing these “devilish” herbal remedies. Since it's 2013 in Lamorinda, I'll keep stirring the cauldron of healthy natural choices and caution you to use these powerful potions wisely.

... Cynthia Brian's Gardening Guide for October on page D10



MORAGA GARDEN CENTER

Annual Fall Sale Ends Oct. 31st

5 Gallon
Roses
reg. \$30⁰⁰
now \$15⁹⁹

up to
20% Off
California
Natives

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Moraga Garden Center
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9am-5pm
7 days a week

Cynthia Brian's Gardening Guide for October

"Tickle it with a hoe and it will laugh into a harvest." – English Saying

In primitive days before modern medicine, wise women harvested herbs, leaves, and fruits to make healing brews when people were ill. These sages were often midwives using natural curative concoctions to ease the pain and suffering of childbirth. As Christianity swept the land, it was ascertained that only men of the Church could be healers and since sickness was seen as a punishment for sins committed, these medicine women were considered to be in cohorts with the devil. The word "witch" comes from the word Wicca, meaning "Wise One" yet, soon these herbal healers became feared as evil sorcerers. When you whip up a bubbling cauldron of biological magic, remember that you are a good and godly wise witch, respecting and honoring nature to work its wonder. If you desire more treats than tricks next season, get thee into thy garden to prepare.

- **SPRINKLE** laundry detergent on sprouting mushrooms to kill them.
- **RAKE** leaves then use your lawn mower to cut them up to add to the compost bin.
- **IMPROVE** your soil before any fall planting by adding new soil, compost, fertilizer, and mulch.
- **RID** roses and mandevillas of aphids or gnats by putting cloves of garlic around the base.
- **HARVEST** the last of your tomatoes, peppers, grapes, zucchini, eggplant, and beans before the first frost.
- **HAMMER** the stems of cut flowers before placing them in a vase with water and a drop of bleach.
By smashing the stems, they drink up the water faster and last longer.
- **PRUNE** your berry vines after you have harvested the fruit for easier picking next season.
- **MULCH** your bare ground with two or three inches of newspaper. The zinc in the ink keeps bugs away.
Add wood chips or bark as a topper. The newspaper will decompose and can be tilled. (This is a great way to recycle your Lamorinda Weekly after reading it. It will become part of your landscape.)
- **BUY** your spring bulbs that need four to six weeks of refrigeration (tulips, for example) for planting next month.
- **PICK** any fruit that has fallen to the ground to prevent insect attraction or disease.
- **SAVE** seeds from your perennials, herbs, and vegetables by clipping the pods, drying them on a mat in the sun, or putting them in a brown paper bag. After they are dried, remove the chafe and leaves, separate out the seeds, and store in a sealed jar with a label.
- **KEEP** insects out of your houseplants by dumping pencil shavings into the container. Mothballs work also against moths and caterpillars.
- **GIVE** your potted patio plants a calcium bath by crushing eggshells in a bucket, adding water and letting it sit for two hours. Pour into the pots.
- **DEADHEAD** roses, annuals, and perennials to extend the blooms.
- **MOVE** containers to the shade as Indian summer shines brightest.
- **PLACE** three matchsticks into the holes you dig when planting fall flowers.
The sulphur kills insects and enriches the soil.
- **BUY** trees boasting autumn colors now.
- **CHECK** around your house for fire hazards and flammable materials.
This is a dry year and October is traditionally the worst fire month.
- **AERATE** and fertilize grass. Raise the blades on mowers.
- **TRANSPLANT** calendulas, Iceland poppies, dianthus, forget-me-nots, primroses, Shasta daisies, agapanthus, and daylilies.
- **CAN** or freeze your extra harvest of fruit and vegetables to enjoy in the cold of winter.
- **PLUCK** the florets on your herbs, such as garlic chives, basil, mint, and other flowering herbs.
- **USE** the colorful leaves from autumn trees such as Japanese maple, liquid amber, or grapes to create a beautiful fall display.
- **CARVE** pumpkins with happy faces or make funny jack o'lanterns. Roast the seeds and pack them for school lunches.
- **RESEED** old lawns now for the fastest, healthiest growth or fill in bare spots with blue star creeper, isotoma.
- **CAST** a healthy spell on your little wizards, warlords, and witches with a pitcher of fresh pressed apple cider.

Happy Harvest. Happy Halloween Haunting. Happy Gardening and Growing.

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Cynthia Brian
The Goddess Gardener
Cynthia@goddessgardener.com
www.goddessgardener.com
925-377-7827

Cynthia is available as a speaker and consultant.



Aphids attacking a mandevilla. Add cloves of garlic or spray with soap.



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New Tree Planting

Think of the tree you just purchased as a lifetime investment. How well your tree, and investment, grows depends on the type of tree and location you select for planting, the care you provide when the tree is planted, and follow-up care the tree receives after planting.

The ideal time to plant trees and shrubs is during the dormant season—in the fall after their leaves drop or early spring before bud breaks. Weather conditions are cool and allow plants to establish roots in the new location. The proper handling during planting is essential to ensure a healthy future for new trees and shrubs.

So don't wait until it's too late, call your local Arborist at Advance Tree Service and Landscaping to help you find your perfect tree.

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925-376-6528

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Lamorinda Home Sales recorded

...continued from Page D2

- 223 Calle La Mesa, \$952,000, 4 Bdrms, 1942 SqFt,
1973 YrBlt, 8-21-13; Previous Sale: \$52,500, 07-05-73
- 1369 Camino Peral #A, \$310,000, 1 Bdrms, 951 SqFt,
1970 YrBlt, 8-21-13; Previous Sale: \$379,000, 02-09-06
- 240 Claudia Court, \$1,731,500, 4 Bdrms, 3488 SqFt,
1980 YrBlt, 8-16-13; Previous Sale: \$732,000, 05-18-89
- 310 Glen Alpine Street, \$1,560,000, 5 Bdrms, 3098 SqFt,
1976 YrBlt, 8-20-13
- 11 Inverleith Terrace, \$1,100,000, 4 Bdrms, 2371 SqFt,
1973 YrBlt, 8-23-13
- 15 Kings Crown Court, \$1,375,000, 4 Bdrms, 2698 SqFt,
1971 YrBlt, 8-19-13; Previous Sale: \$695,000, 07-01-97
- 728 Moraga Road, \$700,000, 3 Bdrms, 1493 SqFt,
1960 YrBlt, 8-29-13; Previous Sale: \$600,000, 02-27-09
- 39 Sanders Ranch Road, \$1,430,000, 4 Bdrms, 3037 SqFt,
1984 YrBlt, 8-16-13; Previous Sale: \$1,643,000, 03-30-06
- 224 Sandringham Drive #N, \$1,500,000, 4 Bdrms, 2577 SqFt,
1974 YrBlt, 8-15-13; Previous Sale: \$901,000, 04-29-13
- 438 Stonefield Place, \$1,300,000, 4 Bdrms, 2135 SqFt,
1966 YrBlt, 8-20-13; Previous Sale: \$1,075,000, 03-11-08

ORINDA

- 73 Brookwood Road #34, \$379,000, 2 Bdrms, 882 SqFt,
1962 YrBlt, 8-22-13; Previous Sale: \$259,000, 07-06-01
- 4 Candlestick Road, \$1,117,000, 3 Bdrms, 2348 SqFt,
1978 YrBlt, 8-21-13; Previous Sale: \$370,000, 07-22-88
- 140 Camino Sobrante, \$3,100,000, 5 Bdrms, 4735 SqFt,
1963 YrBlt, 8-27-13; Previous Sale: \$770,000, 07-19-88
- 11 Donna Maria Way, \$1,135,000, 4 Bdrms, 2300 SqFt,
1951 YrBlt, 8-27-13; Previous Sale: \$97,500, - -
- 88 El Toyonal, \$1,300,000, 4 Bdrms, 4192 SqFt,
1930 YrBlt, 8-27-13; Previous Sale: \$750,000, 08-20-99
- 99 Estates Drive, \$1,610,000, 3 Bdrms, 2543 SqFt,
1956 YrBlt, 8-23-13; Previous Sale: \$545,000, 10-09-97
- 42 La Encinal, \$760,000, 2 Bdrms, 1544 SqFt,
1925 YrBlt, 8-23-13
- 210 Moraga Way, \$860,000, 2 Bdrms, 1448 SqFt,
1950 YrBlt, 8-15-13; Previous Sale: \$702,000, 08-18-04
- 13 North Lane, \$830,000, 3 Bdrms, 1729 SqFt,
1957 YrBlt, 8-15-13; Previous Sale: \$255,000, 11-29-88
- 309 Overhill Road, \$1,100,000, 6 Bdrms, 3168 SqFt,
1952 YrBlt, 8-27-13
- 65 St. Stephens Drive, \$1,770,000, 4 Bdrms, 3550 SqFt,
1995 YrBlt, 8-19-13; Previous Sale: \$972,500, 06-05-98
- 13 Valencia Road, \$840,000, 3 Bdrms, 1344 SqFt,
1953 YrBlt, 8-20-13; Previous Sale: \$35,500, 10-08-71

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ORINDA



New Listing

120 Goodfellow Drive Single level Mount Diablo view 3bd/2ba w/1953 sf on .48 ac. Woodsy secluded lot yet close to Rheem shopping center, BART, schools. Dual pane windows, updated kitchen & baths. Spacious sunny private deck. **\$849,000**

ORINDA



New Price

9 Las Piedras Picturesque private 6bd/3ba home in park like setting w/panoramic views, level lawn & recreational pool. 3745sf classic custom w/vaulted ceils, walls of windows, hdwd flrs, den, workout rm, FR & well-appointed kitchen. **\$1,349,000**

ORINDA



1 Camino del Cielo Gorgeous 4 bedroom + office, 4900 sq. ft. newer construction with fantastic views. **\$1,699,000**

ORINDA



New Listing

572 Dalewood Drive Beautiful Orinda Downs 5bd/4.5ba, 5211 sf custom traditional on .78 ac in serene setting. High ceilings & hwd flrs; oversized rms; eat-in Chef's kitchen/din rm open to fam rm; large rec/game rm; new deck w/outdoor kitchen. **\$1,998,000**

ORINDA



10 El Castillo Spacious 5 bed, 3.5 bath. Built in 1998, home includes: marble entry, private office, huge kitchen/family rm, media rm, lg level lot on cul-de-sac, citrus garden, resort-like living. **\$2,150,000**

ORINDA



17 Tappan Lane Vistas across Orinda come alive from all rooms of this spacious 4,155 sf with 6 bd/4 ba & 2 half ba. High ceilings & light & bright. Perfect for fun in the sun with yards, decks, pool, & vineyard on 1.15 ac. **\$2,389,000**

ORINDA



New Listing

11 Scenic Drive Elegant updated 4bd/3.5ba, 4695sf single-story estate property on .64ac. Custom millwork, hand carved biblical stone flpls, lrg bdms, ofc, Chef's eat-in kit/fam.rm; guest house, pool, lrg patio, gorgeous landscaping. **\$3,350,000**

ORINDA



40 Los Altos Road Majestic, inspiring, tranquil. It doesn't get any better! 5bd/3.5ba on private gated 2.27 acres with pool/ cabana, tennis court/ cabana and serene garden paths. **\$3,595,000**

ORINDA



92 Sandhill Road Absolutely One-of-a-Kind Bay Area Home with captivating, sweeping views from every rm. Perched on foremost knoll of the coveted Sandhill enclave. Ideal for active family as well as large scale entertaining. **\$5,800,000**

MORAGA



651 Moraga Road # 24 Pottery Barn Style! Chic updated end unit in quiet location at rear of Rheem Terraces. Lovely fenced private patio. Dual pane windows, wood flrs, stainless steel kitchen. Walk to shops, restaurants, Rheem Theatre! **\$307,000**

MORAGA



New Price

21 Tamarisk Beautifully maintained Moraga Country Club home on cul-de-sac with 3 bedrooms and 2 baths, eat-in kitchen, indoor laundry, hardwood floors, vaulted ceilings, new deck, and private backyard. **\$729,000**

MORAGA



New Listing

1748 Spyglass Lane Moraga Country Club detached single family turnkey 1962 square foot 3 bedroom, 2 bath home. Cherry hardwood floors, Anderson windows & doors, crown molding; granite kitchen & baths, front decks, fenced backyard/ patio. **\$759,000**

MORAGA



1743 Spyglass Lane Moraga Country Club Forest Hills model, updates throughout include new kitchen appliances, granite counters, updated bath, hardwood floors, new carpet, paint & lighting. **\$950,000**

LAFAYETTE



New Listing

860 Paradise Court This 1,855 sf 3bd/2.5ba split level home sits on a flat .318 creekside, trailside acre. Cathedral ceilings in LR & DR, dual pane windows & doors, plantation shutters, crown molding & new carpet & paint. Lrg mstr w/deck. **\$949,000**

DANVILLE



1540/1550 Finley Road Terrific horse property on two level separate parcels total 2.98 acres(pr). Rancher w/country kitchen, pool & hot tub! The Ranch has 12 stall barn, indoor/outdoor riding arenas, covered & stall paddocks, fenced pastures & more **\$1,299,000**

WALNUT CREEK



New Listing

3737 Waterford Lane Gorgeous 3700 sf 4bd/4.5ba in Northgate. Flat .70 acres! Cul-de-sac! Big kitchen/ family room. Formal dining room, library, possible au-pair, 3 fireplaces, hardwood floors. Orchard, vineyard, room for pool. **\$1,468,000**



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