

LAMORINDA WEEKLY

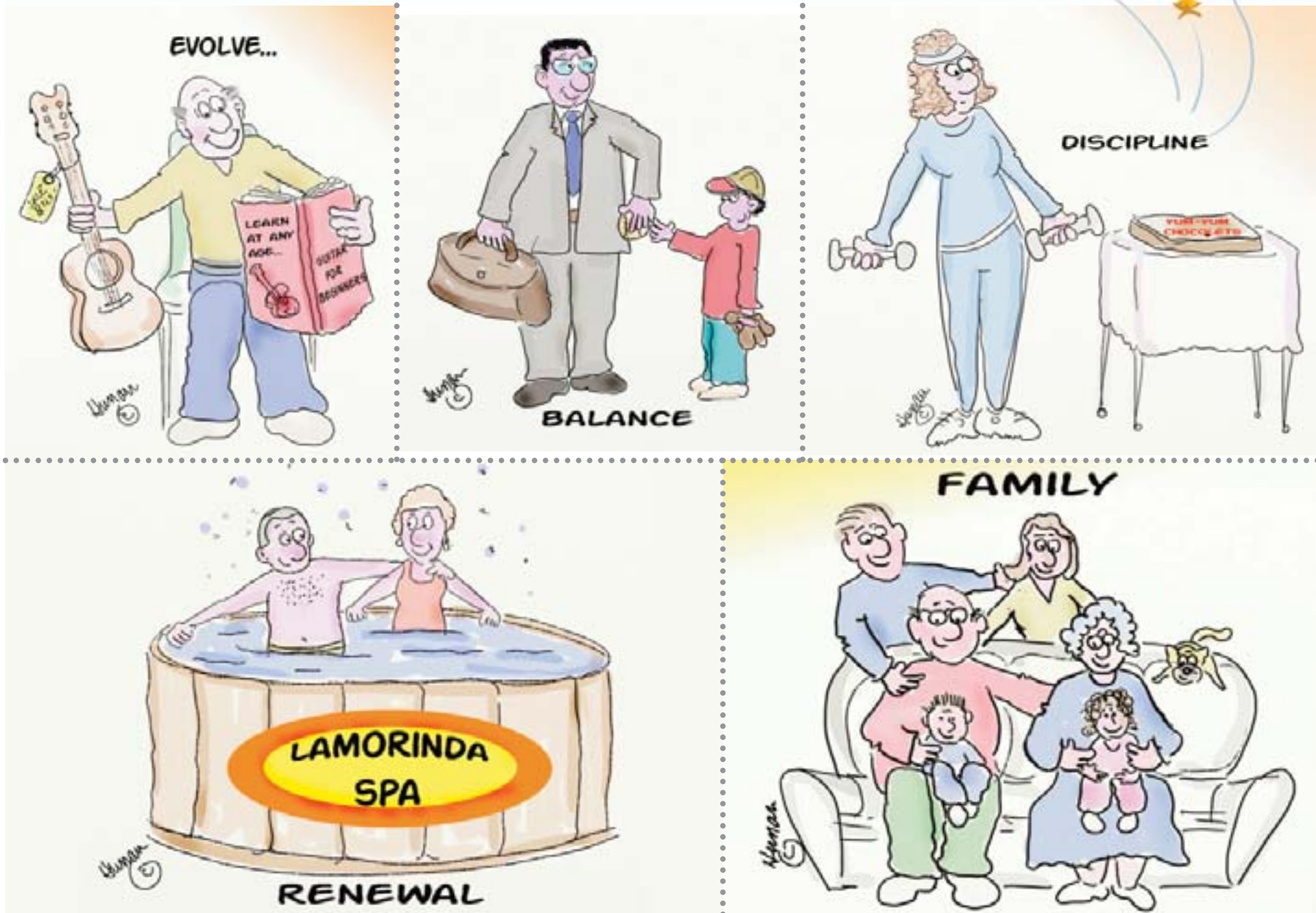
Happy New Year

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Lamorindans Share 'One Word' for the New Year

By Amanda Kuehn

What if one word could change your sense of self? Your meaning and purpose? Your life as you know it? That is the premise behind "My One Word," a book by authors Mike Ashcraft and Rachel Olsen that encourages its readers to forego the long list of New Year's resolutions and instead focus on one word that summarizes the changes they wish to make and the ways in which they hope to

grow in the coming year. The one word theory simplifies the resolution process by focusing a whole year of transformational hopes into a few simple syllables.

When asked to make an attempt at narrowing their resolutions down to a one-word goal, a few members of the Lamorinda community came up with some great ideas.

Danielle Mauldin, Saint Mary's College senior and Gaels

basketball player selected the word "evolve."

"That is the process I am going through as I am entering my second semester of my senior year," she said. "I am developing into the person I want to be, which is a better daughter, sister, leader, student, teammate and player. It's a scary, exciting, humbling feeling knowing that I am about to be graduating from college."

... continued on page A10

Quote of the Week:

"I have been planning for a long time to grow two and a half inches in height. That would put me at 5 feet 10 inches, which I think would be a good look for me in my uniform." Read Promises, Promises - page A9

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LAMORINDA WEEKLY

Town News	A2 - A10
Life in Lamorinda	B1 - B12
HOW TO CONTACT US	B4
Business	B7
Classified	B8
Food	B9
Service Directory	B9
Not to be Missed	B10-B11
Sports	C1 - C3
Shop Moraga	C4
Our Homes	D1 - D8
This Week Read About:	
Mayors, Redux	A2, A4, A6
Manzanita Plans	A2
Time Capsule	A5
Garbage Rates	A6
400 Moms	B2
Brass Success	B3
Acalanes' Upshaw	B6
Gaels Beat Zags	C1

Increase in Residential Burglaries

By Laurie Snyder

"Burglar alarms? That's for when you go on vacation, or maybe at night! One o'clock in the afternoon? I came back an hour-and-a-half later. They'd come in through the doggie door. They'd ripped the sheetrock off the walls in the master bedroom closet, trying to pull the safe out of the wall," said 25-year Orinda resident Alison MacKenzie at the final Orinda City Council meeting of 2013. "They were able to peel the door back of the safe, and took every single possible piece of financial information, plus every Internet password to go with the laptop that they stole."

When the state of California released hundreds of inmates from prisons under the AB109 realignment, it hurt, explained Orinda police chief Scott Haggard. "We're feeling

that effect across the state, and in Contra Costa County." Although grand thefts and commercial burglaries in Orinda decreased by 46 percent and 30 percent respectively, residential break-ins jumped by about 40 percent. "Those are the most egregious of the property crimes." In contrast, Moraga had a 56 percent increase in home burglaries while Lafayette's auto and commercial crimes "skyrocketed," said Haggard, who added that San Ramon reported a 200 percent increase just in auto thefts alone.

MacKenzie's recent experience is a wake-up call for Lamorinda. "If I had known that, before my burglary, there were 84 residential burglaries during the daytime and that, when you leave your house even for an hour to go down to Safeway, you need to turn on your

burglar alarm, I would have turned it on!" said MacKenzie, who suggested city council members consider installing license plate cameras at freeway entrances and exits.

"They rolled right down my driveway ... They kicked down the door," said Orindan Marc Rovetti.

"If you've traveled at all, the use of cameras [in Tokyo and London] is prolific. They use those cameras for solving all kinds of crimes," said Orinda's former mayor Tom McCormack. "So, I would suggest maybe looking at technology as a solution to the problem." Piedmont, he said, paid \$678,713 to install license cams. "It says to me that we, as a community, need to take steps," added Brad Barber.

... continued on page A10

Life in Lamorinda B1-B12

Roses on Parade

A Tournament of Roses tradition ... Ed Stevenson has been there and done that - page B1.



Sports C1-C4

All-DFAL Honors

Lamorinda athletes shine in fall sports - page C2.



Our Homes D1-D8

Got Clutter?

The story of one woman's efforts to get organized - page D1.

