

LAMORINDA WEEKLY

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Home '15 expo
 Sunday, January 25, 2015
 10 a.m. - 4 p.m.
 Veterans Memorial Building
 3780 Mt. Diablo Blvd., Lafayette
FREE to the public!
www.HomeExpoEvents.com

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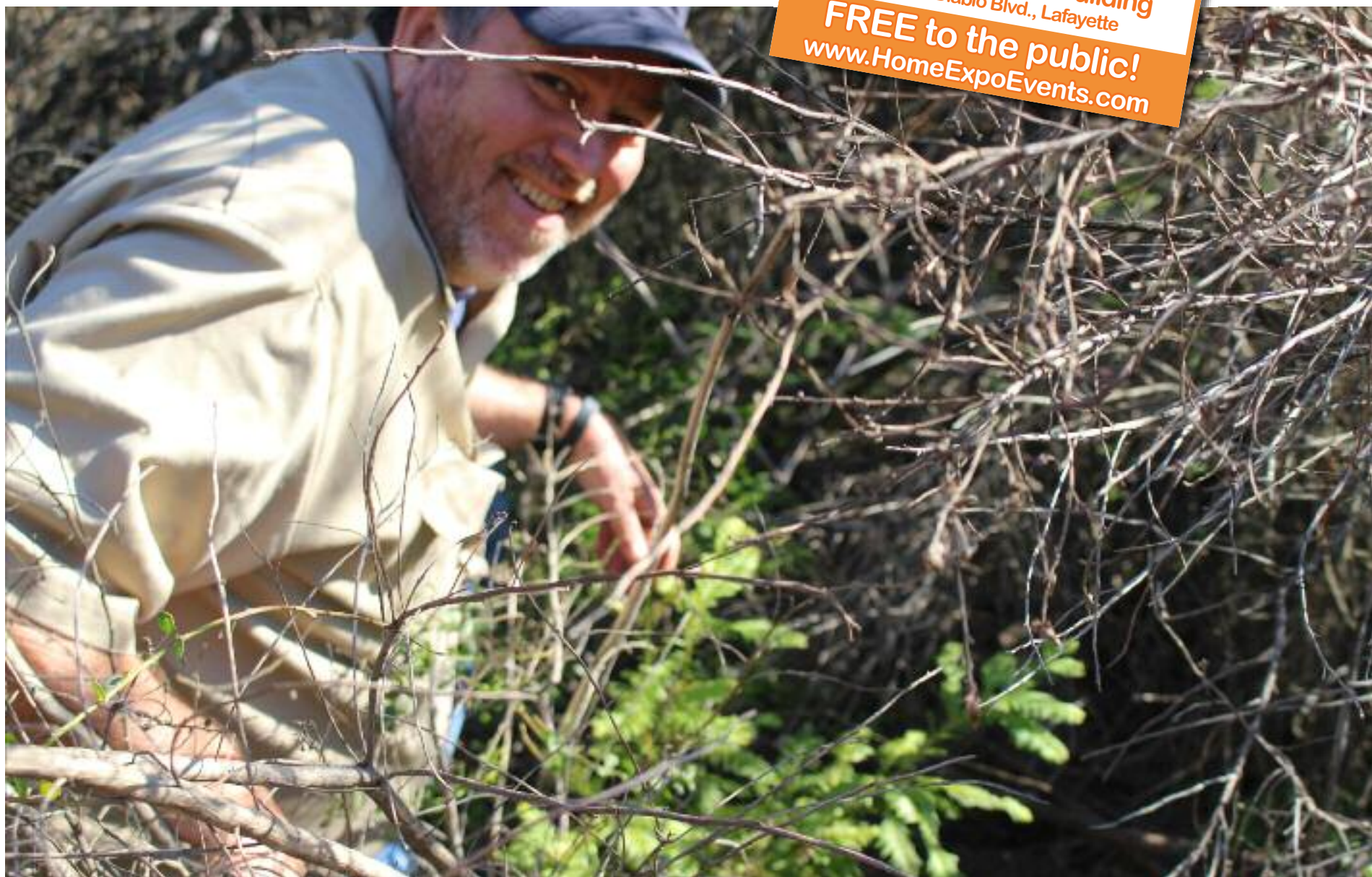


Photo Chris Lavin

The Man Who Plants Trees

Ranger Mark Silva is on a mission

By Chris Lavin

Once upon a time, a long, long time ago, there emerged a valley – several valleys actually – that came to line the watershed that flows down, then sucks in the rainwater and fog that seeps into the aquifers, collects into our dams, and provides us with what ultimately comes out of our taps. It's our watershed,

and the East Bay Municipal Utility District is in charge of it.

"People don't realize we drink this," said Mark Silva, deftly stepping out of his EBMUD truck and motioning toward the Upper San Pablo Reservoir at the Valle Vista Staging Area in Moraga. Silva is a large person with a big vision. He wears a

Fitbit training monitor on his wrist. His daughter gave it to him to make sure he stays in shape. "I get more than 10,000 steps every day," he said, indicating the monitor's goal. "I'm a big guy, but I'm in good shape." It's a tiny symbol indicating what Silva does practically every day, because the bigger picture is, he counts his steps in trees. ... continued on page A8

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Lamorindans Rally to Give Blood

Event focuses on increasing donations during winter

By Laurie Snyder



Orinda Councilmember Eve Phillips shares a confident smile before giving blood Jan. 7 as part of the American Red Cross Blood Drive at the Orinda Community Center. Photo Andy Scheck

Lamorindans joined Orinda City Councilmember Eve Phillips in celebrating National Blood Donor Month by rolling up their sleeves and giving back to the Bay Area and nation at an American Red Cross Blood Drive Jan. 7 at the Orinda Community Center. "National Blood Donor Month has been observed in January since 1970," explains Joseph Jopski, a representative from the organization's Northern California Blood Services Region. "The goal of events like this drive in Orinda is to increase blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs."

After filling out their health histories and completing mini-physicals, each Lamorinda donor gave slightly more than a pint of blood, which was then labeled and stored in iced coolers by the Red Cross. Bar coding enables the organization to track each donation from Orinda through the Red Cross system as the blood is typed, tested for bacteria and other diseases, separated into red cells, platelets and plasma, relabeled, and stored until the Red Cross ships the components to hospitals across the nation – something the American Red Cross does every hour of every day.

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please...



NEWSPAPER

...thanks

Life in Lamorinda B1-B10

Autism and anti-bullying advocate speaks at SMC – page B3.

GETTING A LIFE WITH ASPERGER'S

Lessons Learned on the Bumpy Road to Adulthood

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Don's win 5:3 over Mats in a back-and-forth affair – page C1.



Our Homes D1-D12

Cynthia Brian discusses why we garden – page D8.

