

# Lamorinda Weekly

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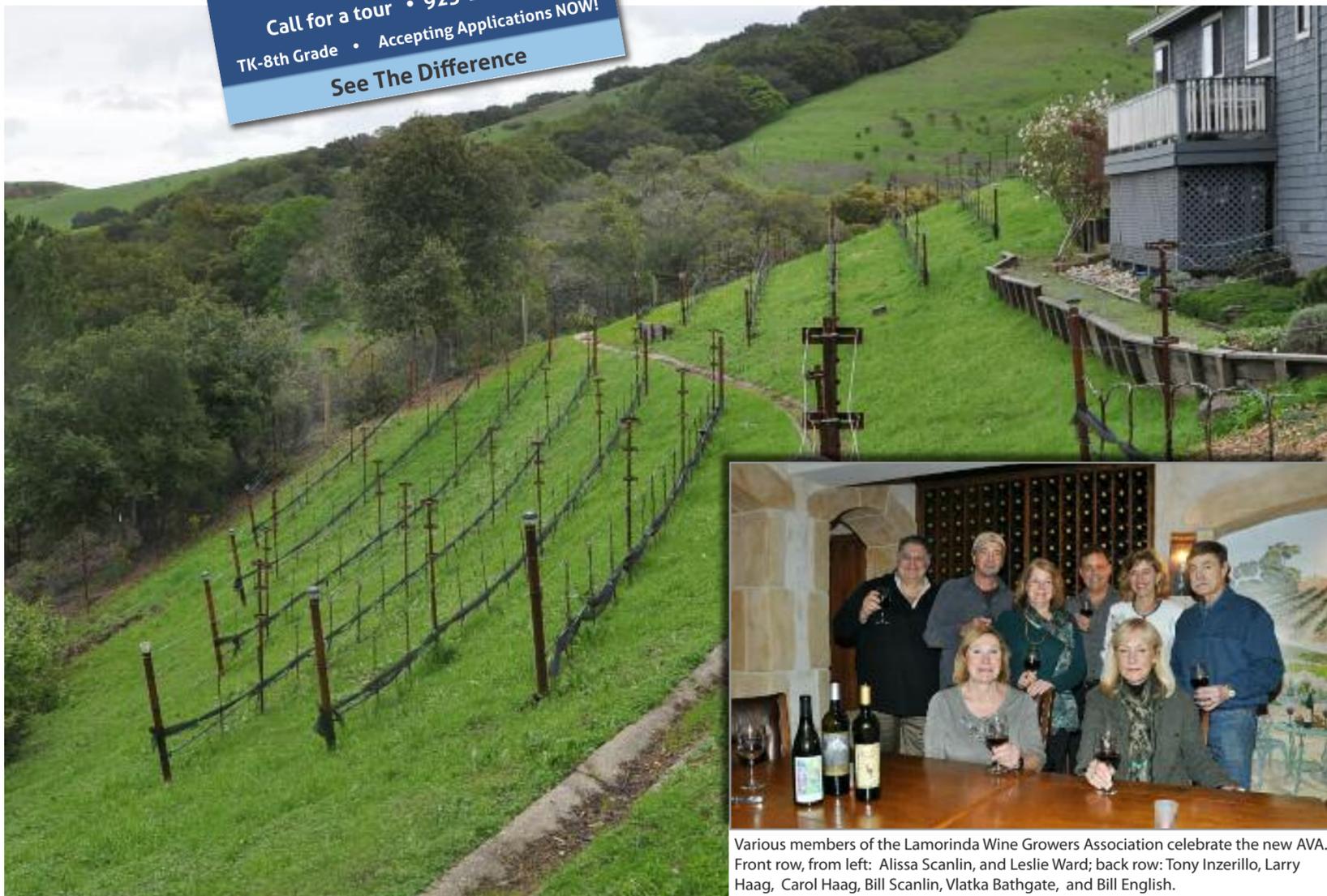
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NOET Vineyards. Kristiina and Eero Teerikorpi planted Cabernet Sauvignon grapes two years ago.

Photos Andy Scheck

## Lamorinda Now a Name of Viticultural Significance

By Sophie Braccini

After years of gathering data to demonstrate to the Alcohol and Tobacco Tax and Trade Bureau that Lamorinda is indeed a distinctive region, local winegrowers were celebrating Feb. 24 after the TTB established the 29,369 acres of Lamorinda as an American Viticultural Area (AVA).

Ben Olsen, a Moraga real estate agent whose father has been

growing grapes since the '70s, thinks that the AVA adds credibility and that it can give agents some interesting opportunities, presenting the unique and special winemaking cottage industry to newcomers. "I don't make wine myself," he says, "but having that connection has both economic and historical relevance."

Orinda businessman David Cronin was excited about what he calls a wonderful distinction, an honor and a real achieve-

ment. "It can be an additional attraction for the community," he says. "Not only is the area beautiful, but now it has its own designation."

From now on, only winemakers within the boundaries of the AVA, using at least 80 percent of grapes grown here, are authorized to indicate the Lamorinda origin on their labels.

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**Lamorinda Weekly**

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## More Lamorindans Now CERT-ified

By Cathy Dausman



Photo Cathy Dausman

Lamorinda now has more neighbors trained to help their neighbors when disaster strikes. The latest group of Lamorinda Community Emergency Response Team participants concluded their training during a night session Feb. 23 at the Contra Costa County Fire Protection District training cen-

ter, bringing the total number of volunteers in Lamorinda to nearly 700 - a number which could easily reach 750 by year's end, says program manager Duncan Seibert.

This class was the largest to date, with 54 enrollees, but attrition and schedule conflicts whittled

down the number of graduates. Seibert estimated about 34 completed the work this session. Lamorinda CERT is taught over six weekly evening classroom sessions and ends with a hands-on practical exam testing participants' knowledge and skills in the fields of first aid, search and rescue, victim extraction and fire suppression.

CERT appeals to a wide variety of ages and abilities. Seibert says Lamorinda CERT taught residents of Orinda Senior Village, where the average enrollee's age was 80, and they welcome teens age 16 and up when accompanied by an adult. Gavin Flum of Orinda was one of the youngest CERT students to date; he attended with his father, Chris. The younger Flum is a former Boy Scout and current Orinda Police Department cadet who feels the CERT program is an opportunity to learn "every little thing."

"The more you know about everything the higher you'll get," his father added.

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### Civic News A1-A12

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### Summer Camps B5-B7

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### Life in Lamorinda B1-B12

Meditation a source of peace for domestic violence survivor – page B2.



### Sports C1-C3

NCS basketball outcomes – pages C1 and C2.



### Our Homes D1-D16

Mudroom designs offer a clean space for clutter – page D10.





# Lafayette

## Public Meetings

### City Council

Monday, March 14, 7 p.m.  
Lafayette Library & Learning Center,  
Community Hall, 3491 Mt. Diablo Blvd.

### Planning Commission

Monday, March 21, 7 p.m.  
Lafayette Library & Learning Center,  
Community Hall, 3491 Mt. Diablo Blvd.

### Design Review

Monday, March 14, 7 p.m.  
Lafayette Library & Learning Center,  
Arts & Science Discovery Center,  
3491 Mt. Diablo Blvd.

### School Board Meetings

**Acalanes Union High School District**  
Wednesday, March 16, 7:30 p.m.  
AUHSD Board Room  
1212 Pleasant Hill Road, Lafayette  
www.aalanes.k12.ca.us

### Lafayette School District

Wednesday, March 9, 7 p.m.  
Regular Board Meeting  
District Office Board Room  
3477 School St., Lafayette  
www.lafsd.k12.ca.us

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



## Lafayette Police Department Incident Summary Report Feb. 7 - 20

|                                |     |
|--------------------------------|-----|
| Alarms                         | 77  |
| 911 Calls (including hang-ups) | 28  |
| Noise Complaints               | 3   |
| Traffic Stops                  | 175 |
| Suspicious Circumstances       | 11  |
| Suspicious Subjects            | 24  |
| Suspicious Vehicles            | 30  |

**Abandoned Vehicle**  
900 block 4th St  
1200 block Vacation Dr

**Auto Recover**  
200 block Lafayette Cir

**Burglary, Auto**  
Safeway  
3300 Sweet Dr  
1500 block Rancho View (2)

**Civil Problem**  
3500 block Mt Diablo Blvd  
20 block Camellia Ln

**Dispute, Verbal**  
3300 block Mt Diablo Blvd

**Disturbing the Peace**  
700 block Los Palos Dr  
1000 block Serrano Ct  
4000 block Marianne Dr

**DUI**  
Acalanes High School  
Pleasant Hill Rd/Hwy 24  
Old Jonas Hill Rd/John Way

**Fireworks**  
Burton Valley Elementary

**Found Adult**  
Hawthorne/Beechwood Drives  
3300 block Las Huertas Rd

**Forgery**  
3400 Mt Diablo Blvd  
1000 block Serrano Ct

**Fraud**  
3900 block S Peardale

**Harassment**  
1000 block 1st St  
El Nido Ranch/Acalanes Roads  
900 block Dewing Ave  
1000 block Serrano Ct  
400 block Knox Dr  
900 block S Thompson Rd  
500 block McBride (phone)  
3300 block Mt Diablo Blvd  
3500 block Brook St

**Health & Safety Violation**  
Springhill/Pleasant Hill Roads  
Golden Gate Way/1st St

**Hit & Run**  
location n/a  
50 block Lafayette Cir  
Acalanes High School  
1000 block Carol Ln  
Trader Joe's (2)  
Pleasant Hill/Mt Diablo Blvd  
Postino  
3500 block Wilkinson Ln

**Intoxicated Subject**  
Foye Dr/4th St

**Loitering**  
Lafayette Library

**Missing Adult**  
Reported to police  
3400 block Golden Gate Way

**Panhandling**  
Whole Foods(3)

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## Lucas Ranch Development Appealed

By Cathy Tyson

There was yet another bump in the road for the beleaguered Lucas Ranch Estates development in Burton Valley. Although the Planning Commission approved the project's Phase I Hillside Development Permit for Lot 4 on a split vote Jan. 4, adjacent homeowner Bryan Goldwyn and Mayor Mark Mitchell filed an appeal of that decision.

At issue is the proximity, privacy and mainly the appearance of what is supposed to be a very low, one-story home. While the conceptual drawings meet the letter of the law of what the city considers to be a one-story home, it actually appears to be a two-story home, when viewed from below.

On Jan. 4 the Planning Commission reviewed lots 4, 6 and 7, along with the privacy study they had directed the applicant to prepare, which included photos taken from the pri-

ivate section of Rohrer Drive, along with photo renderings. They ultimately adopted on a split vote, four in favor and three against, the Phase I application by Lucas Ranch developer Soldier Field Partners, and required as a condition of approval, to make the home on lot 4 appear as a very low one-story residence when viewed from any vantage point.

Goldwyn appealed the Planning Commission's decision Jan. 14 because of a number of factors, including: the development is not compatible with the scale of the existing neighborhood, there is no entitlement to build homes of the proposed size and the home is not very low or single-story, with similar concerns for lots 6 and 7, except for the one-story requirement.

In addition, Mayor Mitchell also filed an appeal of the Planning Com-

mission determination for lots 4 and 6. One of his concerns was the lack of story poles for a proposed stable that was slated for lot 4.

At the Feb. 22 City Council meeting, architect Tim Ward proposed a modified slightly smaller version of the house that is pushed back away from the Goldwyn property and reconfigures the conceptual plans, so the home appears less massive. While still large, drawings from this home have shrunk – from over 10,000 gross square feet to 8,600 gross square feet – from October to November 2015.

After much discussion and public comment, the matter was continued until April 25 to give the applicant the opportunity to modify the lot 4 proposed home to appear as a very low one-story residence. According to the city attorney, Mayor Mitchell's appeal has been satisfied since the council is

reviewing the matter.

Sending it back to a divided Planning Commission might be causing more harm than good, suggested Council Member Mike Anderson. Now the burden is on the applicant and architect to resolve height concerns and come up with a low slung home; they are also required to include a conceptual landscape plan that would help screen the home from the Goldwyn's residence.

A loose-knit group of "over the bridge neighbors," also known as "Rohrer extension" residents, who live in close proximity to Goldwyn are contributing to the effort, according to David George. He sees this decision as an "encouraging step" that "shows the city is listening, common sense prevailed." But he adds, "This could have been handled by the Planning Commission."

## Lafayette School District Leans Toward Bond Measure

By Cathy Tyson

It appears that the Lafayette School District completed all of its homework before its due date: In an extensive group effort over the past 18 months, teachers, staff and parents, along with consultants and an architecture team, thoroughly assessed all of the facilities that make up the five district campuses and compiled a long

list of many troubling infrastructure issues.

Faced with aging schools, and an ever increasing number of students, the governing board is set to authorize placing a \$70 million bond measure on the June 7 ballot at their March 9 meeting.

Residents may be unaware just

how old these schools are: Lafayette Elementary School opened in 1943 and has approximately 550 students; Burton Valley Elementary opened in 1957 and has almost 800 students; and Stanley Middle School opened in 1955 and has 1,270 students.

The bond would cost property owners no more than \$30 per

\$100,000 of assessed value of their taxable property and needs 55 percent voter approval to pass. Safeguards are built into the measure with an independent citizen's oversight committee, annual audits, all revenue to stay local and no funding for administrator salaries.

... continued on page A11

### Police/Fire/EMS Response

Round Up  
Starbucks  
3700 block Mt Diablo Blvd  
3200 block Camino Diablo

### Public Nuisance

1200 block Rose Ln  
900 block Reliez Station Rd (2)  
3600 block Bickerstaff St  
700 block Los Palos Dr  
1000 block Lindsey Ct  
700 block Glenside Cir  
Mt Diablo Blvd/Golden Gate Way  
Library  
700 block Glenside Cir  
1700 block Reliez Valley Rd

### Promiscuous Shooting

3500 block Silver Springs Rd  
400 block Read Dr  
Acalanes Rd/Pidgeon Ct  
Old Jonas Hill Rd/Powell Dr

### Reckless Driving

Moraga Rd/Mt Diablo Blvd  
Reliez Valley Rd/McGraw Ln  
Mt Diablo Blvd/Happy Valley Rd  
St Mary's Rd/Glenside Dr  
Happy Valley/Deer Hill Rds  
Moraga Blvd/Victoria Ave  
Pleasant Hill/Hwy 24  
Reliez Station Rd/Glenside Dr  
Lafayette School  
Greenvalley Dr/Pleasant Hill Rd  
Glenside/Burton Drives

### Shoplifting

Safeway

### Theft, Petty

Noah's Bagels  
1100 block Pleasant Hill Cir  
Reported to police  
20 block Almaden Ct  
Iverson/Miller Drives

### Theft, Grand

3300 block Mt Diablo Blvd  
1000 block Serrano Ct

### Theft, ID

50 block Lafayette Cir  
800 block Broadmoor Ct

### Theft, Vehicle

1000 block 2nd St  
600 block Michael Ln

### Trespass

900 block Sunnybrook Dr (auto)  
3200 Alta Ln (auto)  
1200 Monticello Rd (auto)  
Lafayette school

### Unwanted Guest

Safeway  
3500 block Mt Diablo Blvd

### Vandalism

1000 block Oak Knoll Rd  
Lafayette Cemetery

### Warrant

3600 block Bickerstaff St



Deteriorating window casing at one Lafayette school.

Photo provided

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# Tom Steuber Named Lafayette Citizen of the Year

By Cathy Tyson



Tom Steuber

Photo provided

Doing good deeds seems to come naturally to longtime Lafayette resident Tom Steuber, who has served for a dozen years and counting as scoutmaster for Lafayette's Troop 204.

Thanks to his dedication to the community and beyond, Steuber was named Citizen of the Year and will be honored at a dinner at the Lafayette Park Hotel on March 18.

An avalanche of letters was received to support his nomination, all with glowing praise. "I have seen firsthand how Tom helps guide boys into productive and caring young men with patience, respect and determination," wrote Mary Newman. "So many young men have benefitted having Tom take the time to be involved with their lives and often difficult journeys as Boy Scouts. He has taught each boy to honor himself, his family and the role as a citizen of the world."

Past president of Boy Scouts of America and Lafayette resident Rick Cronk calls Steuber "inspirational, truly remarkable," and wrote that he is a world-class scoutmaster, mentoring over 100 Eagle Scouts during his tenure, which is nearly unheard of.

Scores of local families know Steuber best as a legendary scoutmaster. He describes himself as an unlikely candidate at first blush, having never camped as a kid, and with no prior experience as a Boy Scout. "I started at the bottom and worked in most every position," recalls Steuber, admitting that he was "very apprehensive" about taking on the role.

The family's male babysitter, a rarity especially in those days, was kind enough to invite Kirk Steuber, who was then in fifth grade along with dad, Tom, to a Troop 204 meeting.

The outgoing scoutmaster saw that with three sons spanning a fairly broad age range, Steuber could offer continuity, along with honesty and enthusiasm for many years to come. Kirk Steuber is now almost 26 years old, daughter Katherine is now 24, Justin, 20, is now a sophomore at University of Nevada, Reno and youngest son Jared, 14, is in eighth grade.

Being scoutmaster is quite a time commitment. Every Monday evening during the school year, you can find Steuber at the historic log cabin built in 1948 on School Street in Lafayette. The cabin was sinking due to age, the soil and the type of original foundation, but thanks to fundraising and an Indiegogo campaign, the cabin was raised with jacks and a new flat solid foundation was installed in 2014. Steuber calls it a central part of local Scouts' identity

and the ultimate kids' clubhouse.

In addition, there are also regular meetings with parents, along with the monthly boys' leadership meetings, one big activity every month, along with the Camporee and the major event of the year – the Eagle Court of Honor, which happens to fall on the day after the Citizen of the Year dinner event. Just last month, Troop 204 went snow camping in the Sierras and built cave-like snow shelters.

As the name suggests, the popular "50-Miler" backpack trip every summer is no walk in the park. Scouts from sixth to 10th grade, along with dads and, of course, Steuber, hike 50 miles over eight days.

The goal of all the meetings, activities and outings is to develop leadership skills, be comfortable in the wilderness and, most importantly, gain a "perspective beyond yourself." Overall, Steuber says being scoutmaster "has just been a great experience for me." He credits the support of fantastic parents.

With a high percentage of the Lamorinda Scouts earning the top rank of Eagle Scout, a very energetic senior patrol – there are seven patrols within troop 204, each with eight to 10 boys, and an active alumni group – Steuber is now working on a gradual exit strategy. He figures he has two years left as scoutmaster, then anticipates a transitional year as the next official scoutmaster gets up to speed.

Of course all this scouting community service is squeezed into his "free" time, when he is not busy as president of Associated Services – an office refreshment business started by his parents, Hal and Diane Steuber, back in 1972. The business now has 6,000 customers and 130 employees.

Aside from his many responsibilities as scoutmaster, under Steuber's leadership Associated Services has given away over \$100,000 through its Classroom Scholarship Program over the past seven years. The program gives grants for school supplies for teachers to use in underprivileged classrooms and offers funding for field trips in schools from San Jose to Santa Rosa to Sacramento.

Hard to imagine anyone more deserving than hometown hero Tom Steuber, who will be given the special Citizen of the Year award by the Lafayette Chamber of Commerce with co-sponsor, the Lamorinda Weekly.

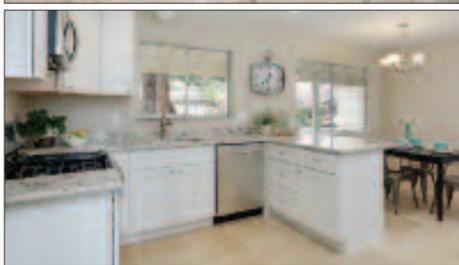
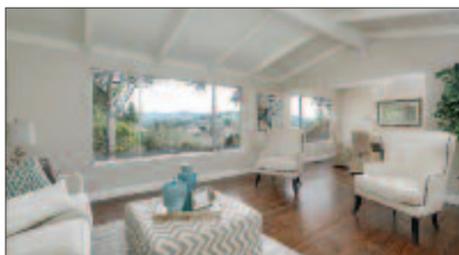
The Citizen of the Year celebratory dinner will be held Friday, March 18 at the Lafayette Park Hotel where friends, family, neighbors and former Scouts are welcome. Cocktails are at 6 p.m.; dinner is at 7 p.m. Reservations can be made at the chamber office or by phone at (925) 284-7404.

## Acalanes Principal Resigns

The Acalanes Union High School District on March 3 announced the resignation of Acalanes High School principal Allison Silvestri, who will be leaving her position as of June 30. According to AUHSD Superintendent John Nick-

erson, parent input will be sought and the screening and interviewing process will take place in early April. The district hopes to identify the next Acalanes principal by the middle of April. - J.Wake

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## Moraga

### Public Meetings

#### Town Council

Wednesday, March 9, 7 p.m.  
Wednesday, March 23, 7 p.m.  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

#### Planning Commission

Monday, March 21, 7 p.m.  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

#### Design Review

Monday, March 28, 7 p.m.  
Monday, March 14 canceled  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

#### School Board Meeting Moraga School District

Tuesday, April 12, 7 p.m.  
Joaquin Moraga Intermediate School Auditorium  
1010 Camino Pablo, Moraga  
www.moraga.k12.ca.us  
See also AUHSD meeting page A2

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



### Moraga Police Department

**Loud party, 2/16** A neighbor complained of loud noise coming from an Ascot Drive residence. Although the reporting person had complained through the homeowners association in the past, the situation had not improved, so this time complaints were escalated to law enforcement. Cops advised the sensitive receptor to call police when the noise was unreasonably loud and they would enforce the town's noise ordinance. According to the neighbor there has been unrelated suspicious activity at that address before, and he or she wanted to have the situation documented in case there are future more serious incidents with the allegedly scofflaw neighbors.

**Card holder vanished 2/19/16** During the night or morning hours a reporting person lost her card holder that included a driver's license, numerous credit and debit cards as well as insurance cards. It was last seen at a local restaurant in the Rheem Shopping Center. She just wanted documentation since she was scheduled to take a trip via airplane in the very near future, and wanted something to show the TSA, since she couldn't obtain a replacement photo ID in time.

**Non-burglary 2/19/16** A Lynwood Place resident called police to report a residential burglary. Cops determined that someone entered the home, but appeared not to have taken anything. Insufficient evidence for further investigation.

**Alleged loud music 2/20/16** An anonymous caller alerted police to loud music coming from a Moraga Road apartment at 10 p.m. on a Saturday night. When police arrived, they didn't hear any loud music. Just 15 minutes later the reporting person called back and invited police into his apartment to hear the "loud music." Cops could hear the faint sound of music coming from the adjacent apartment. The neighbor was contacted and told police the fellow next door was sensitive, but agreed to turn the music down. The incident was recorded on the officer's body-worn camera.

**Car versus deer 2/22/16** Around 6 p.m. cops responded to a report of a deer that was struck by a vehicle at an undisclosed location in Moraga. Police noted the gravely injured deer lying in the roadway. Due to the extended estimated time of arrival from Animal Control Services, the deer was "dispatched," according to the police report, to prevent further suffering, and was left to be picked up by Animal Control at a later time.

**Identity theft, 2/22/16** A Moraga resident went to the police department on Rheem Boulevard to report a fraud. The victim received a letter from Kohl's customer service regarding the fraudulent creation of an account using the resident's personal information. Later, the subject became aware of more attempts to create fake accounts at other businesses. This was a first for the victim.

**Tax return identity theft 2/23/16** A Peralta Court resident alerted police that she had reported an incident to the IRS and it was being investigated by their agents. The IRS told the reporting person to follow up with her claim by filing a report with the FTC (Federal Trade Commission). In order to complete her claim with the FTC, she had to obtain a case number from her local law enforcement agency. Voila!

#### Other crimes occurring in Moraga between Feb. 16-23:

**Domestic Dispute** – Augusta Drive, Rheem Boulevard  
**False Alarm** – Camino Pablo, Claudia Court

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### Gary Bernie & Ken Ryerson

## Will JM Students Get to Sleep In?

By Sophie Braccini

For several years, Joaquin Moraga Intermediate School principal Joan Danilson has hoped to build a consensus around the idea of starting the day at JM later than the current bell time of 7:50 a.m. Backed by scientific research, Danilson believes the time change would not only increase student academic performance, but it would simply make the students happier.

In spite of seemingly high parent support, key factors still need to be analyzed, such as the allocation of Lamorinda bus resources.

Of the three Lamorinda middle schools, JM students arrive at school the earliest. Most middle schools in the state and across the country start school after 8 a.m., with some starting as late as 9 a.m. Locally, Orinda Intermediate School starts at 8:45 a.m., Stanley Middle School in Lafayette starts at 8:15 a.m., and Walnut Creek Intermediate at 8:25 a.m. JM school psychologist Kathleen Day, Ph.D., noted during a parent presentation on Feb. 25 that not following the natural sleep pattern, or sleep phase delay, is linked to poorer academic performance, poor long-term memory and decision making, increased risk in traffic accidents, as well as depression.

"Children are asked to wake up

earlier as they transition from elementary school, right when their circadian rhythms start changing, their melatonin production shifts, and they naturally go to sleep later," said Day. In a Stanford study called Summer Sleep Camp, elementary, middle and high school aged children lived in quarters with no natural light or indication of the time of day. "The results showed that children needed the same amount of sleep, between eight and a half and nine and a quarter [hours]," said Day, "but starting around 10 and 11 years of age, they fall asleep later and wake up later." Pre-teens and teens have a hard time falling asleep before 10 or 11 p.m.

"It is important for school districts to regularly test existing conditions per research and engage our stakeholders in discussions about what is best for student learning," said Moraga School District Superintendent Bruce Burns. "The district's charge at this time is educate students, staff, parents and the community about sleep research and a possible later start time at JM, and to solicit their feedback."

In the most recent parent-student-staff survey in Moraga, 20 percent of the parents believe that the present 7:50 a.m. start time is the best option,

while the remainder favored a later start time, with 8:20 and 8:40 a.m. being the top two favorite alternatives. Among the students, 32 percent favored the present 7:50 a.m. start time, with the favorite alternatives being 8:20 and 8:50 a.m. Thirty-eight percent of the children expressed concern that a later start time would affect their extra curricular activities. Among staff, 42 percent rejected the idea of a change in schedule; one of the teachers' major concerns was that students have a hard time focusing after lunch.

The parents who attended the Feb. 25 meeting expressed support for a later start time. One parent said he would adapt his schedule, while another said she would make the needed adjustments for the benefit of her children. Another parent noted that after-school time would not be impacted since getting up later would mean that the students would also be able to stay up later.

The main difficulty of changing the bell schedule, according to Danilson, is the busing of students. She said the Lamorinda School Bus Program would not have enough buses to add new routes for JM. The buses that service Moraga currently travel more than one route at pickup and dis-

missal. "There needs to be a 35- to 40-minute difference between the elementary and middle schools start bell time so the buses can drive two consecutive routes," said Danilson.

When one mother asked how Orinda and Lafayette managed the system within the Lamorinda School Bus program, Danilson indicated that in Orinda there was a 40-minute difference between the elementary and middle school start time.

According to the Lamorinda School Bus Program website, www.lamorindaschoolbus.org, which provides the bus route schedule for all the Lamorinda schools, elementary and middle schools in Lafayette start at roughly the same time and enough buses are provided to accommodate them. Lafayette has eight bus routes total, Moraga has 10, and Orinda has 10 for the middle school alone, and eight routes for the elementary schools.

The school board will hold a special public meeting regarding the question of the possible change in the bell schedule on March 22. Follow-up surveys will be conducted after the meetings. The school board will hear an update and recommendation in April. The board will be in charge of making the final decision regarding the possible change in bell schedule.

## Town Opts Out of Community Electricity – For Now

By Sophie Braccini

The Town of Moraga decided not to join the Marin Clean Energy (MCE) cooperative electricity acquisition group, a Community

Choice Aggregation (CCA) program, before its March 31 open enrollment deadline, which would have included an \$18,000 reduction in cost of the program.

According to information on the Contra Costa County website, CCA, also referred to as Community Choice Energy (CCE), is "the practice of

pooling consumer electricity demand within a region for the purpose of procuring energy and selling it to customers. The existing energy utility remains responsible for transmission, distribution, and billing. The most common reason for jurisdictions to pursue CCA is to promote electricity generation from renewable energy

sources and offer consumers a choice in purchasing electricity with potential opportunities for cost savings."

Not wanting to be pressured into making a fast decision, the council members asked for more time, hoping to keep their options open if Contra Costa County decides to create a CCA of its own. ... continued on page A11



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# Moraga Police Arrest Sexual Assault Suspect

By Sophie Braccini

Moraga Police investigators Sgt. Brian South and Cpl. Kevin Mooney, with the assistance of the San Bruno Police Department and the Missoula Police Department in Montana, investigated a case of sexual assault that led to the arrest of the suspected perpetrator. The Moraga Police Department case began when the victim and her mother, who used to live in Moraga, reported on Jan. 28 that a male person related to them had been sexually assaulting the now 17-year-old girl over a period of 10 years in two different states.

“They came to us and we immediately started the investigation,” says acting Moraga Chief of Police Jon

King. “The two Moraga officers collaborated with other police departments, and professionals from the District Attorney’s office who have special training for these kinds of cases. Their support was essential.”

King says that the suspected perpetrator, 62-year-old Walter Melville, was charged on Feb. 23 with suspicion of 13 felonies and the judge signed a warrant for his arrest. The police arrested him in San Bruno where he now lives, and he was booked into the San Mateo County Jail for the outstanding warrant.

“I can’t praise that young girl enough for her courage,” says King. “Our society is still plagued with

such crime. It is very traumatizing and it takes a lot of courage to come forward and report it. She is an example for other victims.” According to King, the alleged assaults began before the girl was 7 years old. He believes that programs such as those conducted in Lamorinda by the Child Abuse Prevention Council are important. “Anytime we can help kids have a voice and become able to say no, in this area [of sexual abuse], or drugs and alcohol, and get help when they need it, that’s fine,” said King.

Anyone with information about this case is asked to contact South at (925) 888-7052.



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# Moraga Citizen of the Year Nominations Requested

Do you have a person in mind for the Town of Moraga to honor as 2016 Citizen of the Year?

Criteria are as follows:

- Must NOT be a current elected or paid member of any city council, school board or commission;
- Must be a current Moraga resident;
- Must be someone who has given their time, money or energy to help make Moraga a vibrant community, one where people want to live, work and shop;
- Must be someone who brings the community together and makes us proud to be residents of Moraga.

Please email your nomination to [nominations@lamorindaweekly.com](mailto:nominations@lamorindaweekly.com) or send it to Moraga Citizen of the Year nominations, Lamorinda Weekly, PO Box 6133, Moraga CA 94556. The deadline for submitting nominations is Thursday, March 17.

A celebration dinner will be held on Friday, April 29 at the Soda Center at St. Mary’s College to honor the winner. The 2016 Moraga Citizen of the Year Award is co-sponsored by the Moraga Chamber of Commerce, St Mary’s College, the Lamorinda Weekly and Kiwanis of Moraga Valley.

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# Orinda

## Public Meetings

### City Council

Tuesday, March 15, 7 p.m.  
Auditorium, Orinda Library,  
26 Orinda Way

### Planning Commission

Tuesday, March 22, 7 p.m.  
Auditorium, Orinda Library,  
26 Orinda Way

### Citizens' Infrastructure Oversight Commission

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

### School Board Meeting Orinda Union School District

Monday, March 14, 6 p.m.  
OUSD Office, 8 Altarinda Road,  
www.orindaschools.org  
See also AUHSD meeting page A2

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



## Orinda Police Department Incident Summary Report Feb. 7 - 20

|                                      |    |
|--------------------------------------|----|
| <b>Alarms</b>                        | 70 |
| <b>911 Calls</b> (includes hang-ups) | 1  |
| <b>Traffic stops</b>                 | 58 |
| <b>Suspicious Circumstances</b>      | 7  |
| <b>Suspicious Subjects</b>           | 14 |
| <b>Suspicious Vehicles</b>           | 15 |
| <b>Barking Dog</b>                   |    |
| 10 block El Caminito                 |    |
| <b>Burglary, Auto</b>                |    |
| 10 block Loma Vista Dr               |    |
| 90 block Brookwood Rd                |    |
| <b>Burglary, Commercial</b>          |    |
| 20 block Orinda Way                  |    |
| <b>Burglary, Residential</b>         |    |
| 400 block Camino Sobrante            |    |
| <b>Credit Fraud</b>                  |    |
| 200 block Orchard Rd                 |    |
| <b>Civil</b>                         |    |
| 10 block Beaconsfield Ct             |    |
| 100 block Orchard Rd                 |    |
| <b>Disturbance</b>                   |    |
| Wilder at Gateway Blvd               |    |
| 100 block Stein Way                  |    |
| <b>Dispute</b>                       |    |
| 60 block Oak Rd                      |    |
| Wanda Lane/Tahos Rd                  |    |
| <b>Forgery</b>                       |    |
| 20 block Orinda Way                  |    |
| <b>Health &amp; Safety Violation</b> |    |
| Miramonte High School                |    |
| <b>ID Theft</b>                      |    |
| 30 block Donna Maria Way             |    |
| 50 block Sleepy Hollow Ln            |    |
| 100 block Moraga Way                 |    |
| 10 block Don Gabriel Way             |    |
| Reported to police (2)               |    |
| 20 block Normandy Ln                 |    |
| 100 block Canon Dr                   |    |
| 30 block Daryl Dr                    |    |
| <b>Ordinance Violation</b>           |    |
| 40 block Tarry Ln                    |    |
| <b>Police/Fire/ EMS</b>              |    |
| 100 block Village Square             |    |
| <b>Promiscuous Shooting</b>          |    |
| 10 block Tumbling Brook Rd           |    |
| 40 block Camino Sobrante             |    |
| 10 block Warford Terrace             |    |
| <b>Public Nuisance</b>               |    |
| 100 block Las Vegas Rd               |    |
| Martha Rd/Glorietta Blvd             |    |
| 10 block Bel Air Dr                  |    |
| Totterdale Ct/Ardith Dr              |    |
| Tahos Rd/Bates Blvd                  |    |
| 400 block Dalewood Dr                |    |
| 20 block La Vuelta                   |    |
| 200 block La Espiral                 |    |
| 100 block Oak Rd                     |    |
| Southwood Dr/Southwood               |    |
| 80 block Davis Rd                    |    |
| 20 block Southwood Dr                |    |
| 20 block Muth Dr                     |    |
| <b>Reckless Driving</b>              |    |
| Moraga Way/Glorietta Blvd            |    |
| El Toyonal/Camino Pablo              |    |
| Wilder/Hwy 24                        |    |
| Camino Pablo/Miner Rd                |    |
| Moraga Via/Glorietta Blvd            |    |
| San Pablo Dam Rd/Wildcat             |    |



Maureen Wilbur

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## City Reaches Agreement with Represented Employees on 2015-17 Contract

Orinda employees represented by the Teamsters received a 3 percent pay increase effective Jan. 9, and will receive another 3 percent raise on July 1 of this year, under the terms of a two-year contract approved by the City Council on Feb. 16. Ratification of the agreement ends a

lengthy negotiation between the city and represented employees.

Other key terms settled by the agreement include increases in the city's contribution to the employees' 401(a) retirement plan, from 10 percent to 12 percent on Jan. 9 to 13 percent on July 1 of this year, and in

standby pay, from \$200 to \$300. The city will also contribute up to 14 percent, cumulatively, of the increased premium cost for medical benefits during the term of the agreement, and will share any cost increases equally with employees beyond that.

The city agreed to establish a

State Disability Insurance program for employees, funded entirely by the employees.

The agreement is in effect for the period from July 1, 2015, through June 30, 2017.

— Victor Ryerson

## Founding Member of Moraga-Orinda Fire District Honored

By Nick Marnell

You have to wonder how many lives have been saved thanks to that day in 1995 when Orinda developer John Wyro flipped through the newspaper, looking for something to do.

"The county supervisors ran an ad looking to replace board members at the Orinda Fire District. I thought, maybe I can help here," said Wyro, who will be honored March 18 as the 2016 Orinda Citizen of the Year. He got the job, thanks to his background in Vacaville city management, where Wyro had prepared a \$13 million budget and negotiated the union contracts.

It didn't take him long to figure out that the citizens of Orinda would be better served by a merger between the Orinda and Moraga fire districts. Wyro saw that Contra Costa County supplied the OFD with old equipment, the closest ambulance was assigned to Walnut Creek and paramedics did not staff the district apparatus. He talked with fire officials in Moraga and he orchestrated the creation of the Moraga-Orinda Fire District in 1997.

"Of all the community work I have been involved with, the formation of MOFD was the most rewarding," he said. "As a result, we brought paramedics to Orinda, and lives have been saved. If you can do that, nothing else really counts for much."

Gordon Nathan served with Wyro on the original MOFD board. "John was right in the thick of it, lending his ideas and opinions," he said. "He was elected the first board president and was instrumental in seeing that the new district built its first new fire station in almost 50 years."

Wyro said his biggest public service frustration came shortly after he left the MOFD board, on which he served for nearly 17 years.

"Station 46 was the low point," he said, referring to the failed joint venture between MOFD and the Contra Costa County Fire Protection District to erect a fire station at the Lafayette-Orinda border. The consolidation was expected to save each district \$1 million annually in operating costs.

"I still think 46 was the best thing for the community and the taxpayers," he said. "We could have done a lot of things, not the least of which was to take care of the unfunded liability." The district recognizes more than \$28 million in net pension liability as of 2015.

"The breakdown was the lack of

commitment from the county; \$1 million to the supervisors is not really that big of a deal," said Wyro. "But the community got an extra fire station, so if that's the worst thing that's happened, then I guess it's not too bad."

Wyro met his wife, Evans, while they were students at Utah State University. Married 47 years, they have two daughters, each with two children. It was Wyro's family who inspired him toward his original Orinda volunteer commitment, as assistant coach for his daughter's Orinda Youth Association soccer team.

"The coach quits, now I'm the coach," he said. "After a game I was approached by two members of the Orinda school board. They were getting ready to surplus sites, and they knew about my career as a developer. They asked me if I'd run for a board seat." Wyro won the election and served on the Orinda Union School District board from 1985 until 1989.

Today Wyro serves as a board member of the East Bay Waldorf School, again at the behest of his family.



John Wyro

Photo Ohlen Alexander

"My daughter teaches there, and the school has some land issues coming up. It's the best of both worlds," he said.

At least until he once again flips through a newspaper and finds another Orinda volunteer opportunity that he simply cannot refuse.

The March 18 Citizen of the Year dinner at the Orinda Community Center starts with drinks at 6 p.m., and dinner at 7 p.m. Tickets are \$55. For tickets, go to Park Plaza Real Estate, 18 Orinda Way, or call (925) 254-7766.



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## Development, More Development, And Then Traffic

By Sophie Braccini

The Feb. 29 Tri-city meeting gave the city councils of Lafayette, Moraga and Orinda the opportunity to get together, share information about what is happening in each community, brag a little, congratulate each other a little, and then discuss potential opportunities for collaboration. The focus was on development and its traffic impact.

At the beginning of the meeting Lafayette Transportation Planner Jim Hinkamp presented information from Lafayette's downtown traffic study, which illustrated the council members' concerns about road congestion. The city has led an extensive traffic and parking study using new technology such as aggregated GPS traffic data, and including public surveys, to understand where and when traffic is most congested in downtown

Lafayette. It showed that Mt. Diablo Boulevard is most impacted, with its Moraga Road intersection and Highway 24 access points. The study showed that about one-third of this congestion is through traffic, originating outside of and extending beyond the downtown area, underscoring the potential impact Moraga drivers have on Lafayette's traffic congestion.

When Hinkamp used a Moraga driver as an example to explain the concept of through traffic, Moraga Mayor Mike Metcalf noted that the deteriorating condition of Lafayette traffic could hardly be blamed on Moraga, since the town has practically stayed the same over the last 25 years. "Plan Bay Area" notes that, hypothetically, housing increase projections over the next 25 years show about twice as much new housing in

Lafayette than in Moraga.

Moraga has a total of 70 units currently under construction, all single-family housing, including dense single-family residences on lots in the 3,000-square-foot range along Moraga Road. The town has more projects in preliminary planning stages, other single-family projects ranging in the hundreds of units, but none will be coming to fruition in the short term.

Lafayette has nine downtown projects, a mix of shared housing, single-family homes and commercial developments. Some 150 shared-housing units are under construction or have just been completed in the downtown area, and about 70 single-family homes are in the planning process pipeline.

... continued on page A11

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# Fire Districts

## Public Meetings

### Moraga-Orinda Fire District

Board of Directors  
Wednesday, March 16, 7 p.m.  
**New Meeting Room:**  
Moraga Library Community Room  
1500 Saint Mary's Road, Moraga  
For meeting times and agendas,  
visit [www.mofd.org](http://www.mofd.org)

### ConFire

Board of Directors  
Tuesday, April 12, 1:30 p.m.  
Board Chamber room 107,  
Administration Building,  
651 Pine St., Martinez  
For meeting times and agendas,  
visit <http://alturl.com/5p9pu>.

Emergency response information and training:  
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weekly.com](mailto:letters@lamorindaweekly.com)

# MOFD Puts Station 46 Property on the Market

By Nick Marnell



Former proposed Station 46 site location on Lorinda Lane in Lafayette

Photo Andy Scheck

The doomed fire station 46 project slipped deeper into the history books March 2 when the Moraga-Orinda Fire District board declared the potential station site a surplus asset and authorized its sale through a listing agreement with Coldwell Banker.

The district purchased property at 1035 Lorinda Lane in Lafayette in 2013 to build a new fire station, which would have consolidated MOFD station 43 and Contra Costa County Fire Protection District station 16. The joint venture unraveled in August. Coldwell Banker agent Larry

Hood secured the listing. As Hood was the agent who worked with the district on the \$1.2 million purchase of the property, Fire Chief Stephen Healy said he was able to sole-source the listing agreement rather than put it out for bid. "We are one of the most prolific

brokers in the area," said Hood. "We do 40 to 50 homes a year. We will do everything there is to do, including staging this property at our own cost."

The property was subdivided by the district and both parcels are included in the listing agreement. Hood said the agency will market the two properties together, one including the home and the other as a standalone lot. While not confirming a listing price, Hood said he felt a reasonable price point was \$450,000 for the lot and \$1.225 million for the house.

"And I'll remind you that everything we've sold this year has gone over asking," he said.

The district is renting the house and gave the tenants a notice to vacate by the end of March. According to the six-month listing agreement, the real estate agency will submit the property to the Multiple Listing Service in April.

The motions to surplus and sell the property passed 4-0, with Steve Anderson absent. The motion to list the property with Coldwell Banker passed 3-0, as director Fred Weil, who until 2000 represented a company that Hood owned, abstained.

## CERT-ified

... continued from page A1



CERT trainee Bruce Sprague, left, and Adrian Durbin, right, treat mock victim Martin Valentines for injuries during the medical portion of their final. Photo Cathy Dausman

California seems to constantly teeter on the brink of one disaster or another – earthquake, wildfire or El Nino storms, and emergency responders have long preached the practicality of resident community preparedness. The Federal Emergency Management Agency website says the CERT concept was initially developed by the Los Angeles City Fire Department in 1985, and the program was made available nationwide in 1993. The Lamorinda CERT program began in the mid-1990s, when it was known as the Neighborhood Emergency Response Team, said Gordon Nathan of Moraga, the program's original trainer. Initially a responsibility of the then Moraga Fire Department the CERT program was administered for a time by the Lamorinda police departments. The Moraga-Orinda Fire District now administers CERT.

with other CERT programs.

"I always thought about doing it [taking the class]," said Lafayette resident Gerry Robey. "You have to look after your neighbor." Robey learned about the class offering through an on-line neighborhood website; he plans to enlist a friend to help him set up a telephone tree for use during emergencies in their area.

"When they're done, they can take care of their family, their neighbors and eventually organize their neighborhood," said Lamorinda Emergency Preparedness Coordinator Dennis Rein. He found the latest group "an interesting collection of people of all walks of Lamorinda life," and likes to ask each new CERT volunteer one final question: "What's next?"

CERT emergency preparedness sessions are offered three times a year, and are open to all Lamorinda residents or employees. The spring session in Moraga is already filled, but space is still available in the fall session in Orinda, which begins Sept. 7. CERT also hosts monthly perishable skills refresher courses the second Monday of each month at the Orinda Library.

"We're always open to teaching groups [of 25]," Seibert said. For details, call (925) 255-5143 or visit <http://www.lamorindacert.org>.



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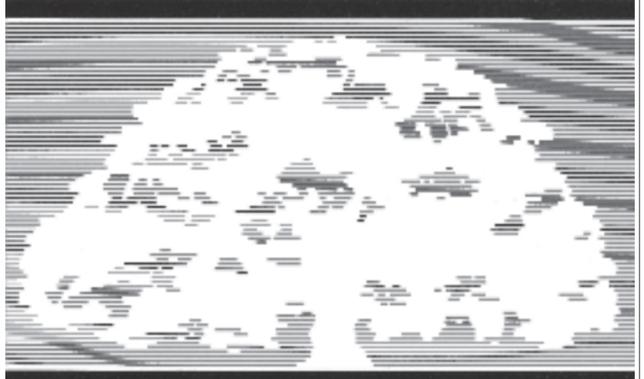
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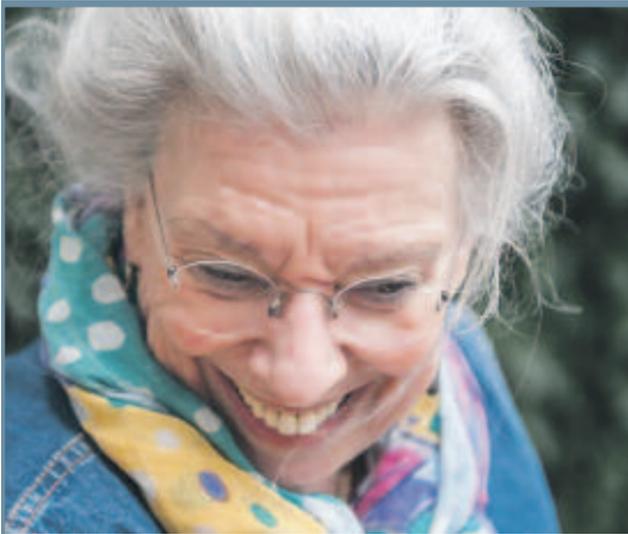
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## Letters to the Editor

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. Visit [www.lamorindaweekly.com](http://www.lamorindaweekly.com) for submission guidelines. **email: [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com)**; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Editor:

I have been working with (and at times against) the City of Orinda for a decade to provide a funding package to bring Orinda's roads up to an acceptable standard and then provide maintenance to keep them in good shape.

There are viable options. The City's proposed \$25 million bond to be repaid by an additional Ad Valorem tax is not one of them. It has three strikes against it:

1) 90 percent of the cost will be borne by the youngest members of our community who have recently moved to Orinda or have yet to move here. These people were not responsible for the \$80 million maintenance deficit which has been accrued over the past 25 years and should not bear the full responsibility of paying for it.

2) The proposal will fall short of repairing all the roads however it will repair enough to make a final "installment" highly improbable. City Council Member Darlene Gee, a professional transportation engineer with 35 years of experience in these types of projects, made very clear the risk the community faces if it votes for this partial fix. That could be "it" and 1,000 households will continue to live on bad roads for the indefinite future.

3) There is no provision for future maintenance. Once the roads are fixed (at a cost of \$80 million), will the unglamorous job of paying several hundred dollars per year per household for maintenance be voted for? Or will our \$80 million just go down the drain and in 25 years the community will find itself right back to where we are today?

The community needs to discuss these issues. So far, the City has not shown any intension of opening up the discussion.

I have created a web site, [www.OrindaRoadFacts.info](http://www.OrindaRoadFacts.info), which lays out the facts and discusses the issues. It includes a survey ([www.surveymonkey.com/r/Orinda-Road-Survey-2016](http://www.surveymonkey.com/r/Orinda-Road-Survey-2016)) and allows for feedback and questions which will be posted.

I am not against taxes. I do not believe that the City will waste funds raised through mismanagement (or at least the cost of not fixing our roads so overwhelms the minor "expense" of less than optimal management that this "waste" should be accepted as the cost of a one-time project.) I am for moving forward and voting once and for all for a program to fix our roads; provide maintenance funds; and do so in a manner which is fair to all members of the community.

Steve Cohn  
Orinda

Editor:

I'm writing to correct a point of fact in the article "Spirited Discussion Ends with Approval for More Surveillance Cameras."

The vote was 5-0 for the Reconyx License Plate Readers and 4-1 for the ALPRs from the Sheriff's department. Vice Mayor Eve Phillips motioned to separate the Reconyx cameras and voted for these cameras that have a 90-day retention period. The ALPRs upload to a database out of our direct jurisdiction and California State law prescribe a retention limit of 1 year. The people against the data retention are not against safety in Orinda. They're against the Data Retention by entities outside our citizen control. California's ALPR law:

[http://leginfo.ca.gov/faces/billCompareClient.xhtml?bill\\_id=201320140SB893](http://leginfo.ca.gov/faces/billCompareClient.xhtml?bill_id=201320140SB893)

Vigilant Solutions, the makers of the ALPRs, takes an adversarial view of all laws that limit data retention:

[http://www.officer.com/press\\_release/11403605/the-ugly-uglier-and-the-ugliest-of-anti-lpr-legislation](http://www.officer.com/press_release/11403605/the-ugly-uglier-and-the-ugliest-of-anti-lpr-legislation)

<http://vigilantsolutions.com/uncategorized/license-plate-recognition-privacy-and-data-retention>

William Chen  
Orinda

### Join our Public Forum

If you have significant knowledge about an issue facing Lamorinda or one of its cities that requires more than the 350 words to which we must limit Letters to the Editor, don't despair! You can submit your letter to our Public Forum section. Just send your letter to [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com) and let us know you'd like to be considered for the Public Forum.



## St. Paddy's Day Treasure Hunt

### Save the Date!

Join Paddy at Leigh Creekside Park in Lafayette on Sunday, March 13th from 11am to 2pm. We will provide your kids with a map & clues that takes them through the Trail Neighborhood. Treasure at the end! We look forward to seeing you there.

**What:** St. Paddy's Day Treasure Hunt  
**When:** Sunday, March 13, 2016  
**Where:** Leigh Creekside Park  
Moraga Blvd & 4th Street  
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**Time:** 11am - 2pm  
**Other:** Please email [paddy@paddykehoe.com](mailto:paddy@paddykehoe.com) to register in advance. Space is limited.

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### Business

# Sewnow Fashion Studio Celebrates 10 Years of Cultivating Creativity

By A. K. Carroll



Sewnow participants show off designs from the fashion studio's summer camp program during a fashion show last year in Lafayette. Photo provided

It started at a flea market outside of Toronto. Canada native and Lafayette resident Susan Goldie, then 10 years old, was snooping through the stalls with her parents when she happened upon an old sewing machine that would set the trajectory for her future.

"I bought it with my pocket money," Goldie recalls. "And it really opened the door. I loved that experience of creating with my hands something that I was really proud of." At a time when online instruction wasn't readily available, Goldie was primarily self-taught. She went on to attend fashion school in Montreal and worked in costume and design for 15 years before taking time off to raise her two sons.

Even during her leave of absence, Goldie was never far from the

world of fashion. "A lot of my friends who had girls came to me and asked to learn to sew," says Goldie. She could identify with the young girls' desires. Looking for a part-time endeavor that would meet the needs of the community and utilize her expertise, Goldie began laying the groundwork for Sewnow – a designer studio workspace stocked with the latest machines, materials and patterns, as well as instructors who are ready to help you custom-create anything you dream up. Located in Lafayette on Golden Gate Way across from the theater, it's just the sort of place where the younger Goldie may have visited.

In addition to offering year-round fashion design and sewing classes, specialty workshops, community service events and private

sewing lessons, Sewnow also offers summer camps for beginners and experts alike.

"Summer camp is our most popular, energetic and fun product that we offer," says Goldie. "It's been steadily growing since we started [10 years ago]."

The weeklong program offers full-day and half-day options with morning session from 9 a.m. to noon and afternoon sessions from 1 to 4 p.m. Juniors programs are available for designers as young as second and third grade, though the average age is 12.

Previously summer programs were divided by skill level, which posed a problem when campers came with friends of varying skill levels. But thanks to FashionKit, a digital product that offers a broad se-

lection of customizable patterns and projects, along with online instructions, campers can work on projects that fit their individual skill levels and preferences.

"It opens the door for everyone to work on projects that they're interested in, which might be different from others in their group," explains Goldie. "Everyone has access to instructions on iPads and computers. You can take all of that learning home from camp and continue on at home."

Newbies start with Fashion Kit 101, which Goldie describes as a "sewing machine boot camp" that prepares them for the more advanced projects available in Fashion Kit Camp.

Camps are led by a team of four to five instructors and a group of studio assistants, many of whom are former campers themselves. Goldie aims to maintain a 1:7 ratio between instructors and campers, to ensure accessibility.

Anjelica Sauerwein, who holds an associate's degree in product development and a bachelor's degree in business management from San Francisco's FIDM (Fashion Institute of Design and Merchandising), currently works as a lead instructor at Sewnow.

"I've always drawn and been creative my whole life," says Sauerwein. "My mom taught me to sew [at 8 years old] and I took it from there."

When Sauerwein saw an ad for a Sewnow camp instructor four years ago, it seemed ideal. "I thought 'I could totally teach kids how to sew,'" recalls Sauerwein. "That'd be super fun," and it has been."

She has especially enjoyed seeing her students grow and develop their skills as they come back class

after class and year after year. "I usually have a great relationship with my students," says Sauerwein. "We're like a little family in there."

Goldie agrees. "What's really nice is making new friends at camp," she says. "If it's an area you're really excited about, your regular friends may not have the same level of interest. It's really nice to see kids find their people."

Seventh-grader Ainsley Woodford started at Sewnow when she was 9 years old. "I just really wanted to start sewing and it was the closest place and seemed like a lot of fun," says Woodford. Her favorite projects include a quilt and a hooded cardigan she made using FashionKit. Woodford is looking forward to this summer, when she can work on multiple projects at once. "I think it's a really fun thing and a really cool experience to have."

Early registration for summer camp is open now. "There's lots of space left, but we advise families to sign up ASAP for specific dates," says Goldie, noting that most of the camps do fill up by the start of summer.

At the end of each summer, Sewnow puts on a summer fashion show at the Community Learning Center. "The kids walk the runway in the outfits they've made. It's a nice way to culminate the end of the summer and something fun for all of us," says Goldie.

Sewnow fashion studio  
3534 Golden Gate Way, Lafayette  
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<http://www.sewnow.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

### Melissa Fahey Named Moraga Employee of the Month for February



From left: Moraga Chamber of Commerce President Wendy Scheck, Camino Pablo Principal Tom Rust, Melissa Fahey, Superintendent Bruce Burns, and Rotary President Roger Gregory  
Photo provided

Melissa Fahey, a learning center aide with the Moraga School District, has been named the Moraga Employee of the Month for February. Fahey has been working successfully with local students from kindergarten through fifth grade with a variety of learning disabilities for the past 14 years, assisting them through their academic challenges and work. "Melissa plays such an important role in the academic lives of those who have learning differences," said Camino Pablo School Principal Tom Rust. "She approaches each situation with a smile and positive attitude and also helps us train new aides and help them develop strategies to ensure academic growth." The Moraga Rotary and Chamber of Commerce presented Fahey with gift cards to Safeway and Ristorante Amaroma in Moraga at the Moraga Rotary lunch on March 1.

### Association Communications Celebrates 24 Years 533 Moraga Road, Ste. 200, Moraga (925) 283-4900 – [www.aciho.com](http://www.aciho.com)

Association Communications, Inc. (ACI) celebrated 24 years in business on Feb. 1. Caroline McCormick, CEO at ACI provides expert management services to Common Interest Developments more commonly known as Homeowners Associations. Raised locally, McCormick started kindergarten at Rheem School and graduated from Saint Mary's College. She moved back to Lamorinda when she started a family. ACI is committed to excellence and will host its annual half-day seminar, Saturday, March 12, providing ongoing education for volunteer board and committee members. For more info or to register call (925) 283-4900 x234 or go to [www.aciho.com](http://www.aciho.com).

### News from the Three Chambers of Commerce Lafayette

A Runner's Mind, America's Local Run Specialty Store, will be opening its doors this April in Lafayette, 3541 Plaza Way. Monte Keleher, creator and owner of ARM, is inviting the community to meet their team at 6:30 p.m. Saturday, March 12 at Wine Thieves, 3401 Mt Diablo Blvd., while enjoying local beer, wine and food. RSVP now to [shannon@arunnersmind.com](mailto:shannon@arunnersmind.com) or (650) 619-3749.

March Mixer from 5:30 to 7 p.m. Wednesday, March 23 at Clocks Etc., 971 Moraga Road, celebrating 40 years in Lafayette.

2016 Citizen of the Year Tom Steuber will be honored at a celebration dinner starting at 6 p.m. Friday, March 18 at the Lafayette Park Hotel & Spa. For information and reservations, visit [lafayettechamber.org](http://lafayettechamber.org).

The Green Committee will meet at noon on Tuesday, March 22 at the Chamber office.

If you have a business brief to share, please contact [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com)

The Business Issues Forum will be held at 8 a.m. Friday, March 25 at the Chamber office.

Dogtown Downtown, which includes a dog parade, activities, contests, demonstrations and vendors, is scheduled from 10 a.m. to noon on Saturday, April 9 at the Lafayette Library and Learning Center.

### Moraga

Meet new Chamber members 7:30 - 9 a.m. Friday, March 25 at the Hacienda de las Flores, 2100 Donald Drive, Moraga.

Mixer at the Serbian Cultural Church at 5:30 p.m. Tuesday, April 19.

Save the date for the 2016 Citizen of the Year dinner, which will be held at 6 p.m. Friday, April 29 at the Saint Mary's College Soda Center.

### Orinda

Save the date for the annual Orinda Restaurant Tour at 5 p.m. Tuesday, April 26 at Orinda's Theatre Square.

Save the date for the annual Orinda Chamber of Commerce Trivia Bee, scheduled at 6 p.m. Friday, April 29, location to be determined.

### Celebrating an Anniversary?

If your business is celebrating a significant anniversary (5, 10, 20 years or more ...) send us a photo of your business, the owner(s) or the staff with specific information about your business and what you're celebrating, and we'll include it in an upcoming issue.

# Lafayette School District Leans Toward Bond Measure

... continued from page A2



Ceiling water damage at a Lafayette school.

With no other facility funding coming from the state, the district, which includes four elementary schools – Burton Valley, Happy Valley, Lafayette, and Springhill – along with Stanley Middle School, is on its own.

Superintendent Rachel Zinn said, “There’s a tremendous amount of need” due to wear and tear from decades of constant use at every campus. She explained that safe modern schools are essential to protecting the outstanding quality of local neighborhood schools and that the longer the district waits to remedy the laundry list of renovations and repairs, the more expensive it was going to be.

HKIT Architects proposed a long

project list, covering renovation or replacement of aging, deteriorated building systems and infrastructure at each of the schools. Specific items include aging roofs, plumbing, lighting, heating ventilation and air conditioning, site utilities – sewer, water, and electrical services – classrooms, walls, ceilings, floor coverings, siding, paint windows, fire alarm systems, parking lots and more.

The board concluded from all the information gathered, including a structural evaluation, a public financial management presentation, a capacity and utilization study along with long-range enrollment projections, that critical facilities at all of the campuses that educate Lafayette students

from kindergarten through eighth grade must be addressed.

The Lafayette School District has not had a bond measure since 1995, although the Acalanes Union High School District has had measures that were passed by voters in 1988, 1997, and 2002. However, voters in 2014 approved Measure B, a parcel tax extension for the Lafayette School District, which continued existing tax rates without an increase.

For more information on all the studies the bond measure is based upon, go to the Lafayette School District website, www.lafsd.k12.ca.us, click on District, then select Facilities Master Planning Resources from the drop down list.

Photo provided

# Town Opts Out

... continued from page A4

“I’m feeling a lot of pressure with this March 31 deadline and I don’t react well to pressure,” said councilmember Phil Arth at the Feb. 24 council meeting.

Vice Mayor Dave Trotter suggested to Marin Clean Energy CEO Dawn Weisz, who was at the meeting, that her company extend its deadline to the end of June to give Moraga more time to decide. Weisz responded that her board would have to make that decision.

“Why wouldn’t we want to keep our options (with the county) open?” asked Mayor Mike Metcalf. The law prohibits a city from joining two different CCAs. If Moraga joined MCE, it would preclude later joining the county’s own CCA.

Town Assistant Planner Coleman Frick noted the drawbacks of waiting for the county to create its own collective. “The county is in the preliminary stages of creating a CCA,” said Frick. “The county has asked for communities to share the cost of a feasibility study. There are other unknowns for the county program; one of their options is to join MCE.”

Frick noted that it took Alameda county two years to go through such a process, and that the cost to participating agencies could be much higher than what MCE is currently asking. Because of all these uncertainties, staff’s recommendation was to join MCE.

The Board of Supervisor’s Inter-

nal Operations Committee Feb. 29 directed Jason Crapo of the County Department of Conservation and Development to bring to the next board meeting on March 15 a recommendation to start a study to either join MCE or engage in creating a Contra Costa CCA. Crapo anticipates the feasibility study will be complete by the end of 2016. Alameda County voted to create a CCA in June of 2014, but it has not launched yet.

Moraga residents came to the council meeting to support the idea of joining a CCA, but not necessarily MCE. Former mayor Lynda Deschambault recommended keeping control, investments and jobs local, and supporting the county’s efforts. The Contra Costa Clean Energy Alliance says that the U.S. Environmental Protection Agency has designated 40,887 acres of land in Contra Costa County (mostly former industrial sites) as suitable for renewable energy generation. This means that the county’s local renewable production potential could power 1.27 million homes. There are 406,772 households in Contra Costa County.

The council’s final decision was to ask PG&E to share Moraga electricity data with MCE for potential membership, while MCE decides whether or not to extend the joining open enrollment period for three months. Staff will continue monitoring the CCA efforts of Contra Costa County as an alternative to MCE.

# Development, More Development

... continued from page A7

Also, three commercial or mixed projects are under development in Lafayette. With its multiple-story apartments and condominium projects, Lafayette has the most active downtown development, which, according to Vice Mayor Mike Anderson, presents the challenge of preserving the quality of life as that has been enjoyed in Lafayette.

Orinda’s development includes the 245 Wilder homes, 16 of which are completed and 23 are under construction. Mayor Victoria Smith mentioned the commercial building now in the planning review process at 25A Orinda Way across from the library, and JJ Ranch’s 13 single-family

homes with preservation of the Moraga Adobe. The mayor noted that the recently completed housing projects in Orinda, 73 homes at Orinda Grove and the 67 Monteverde Senior Apartments, were immediately sold out and occupied.

The meeting concluded with a presentation about common paving jobs, such as a Moraga-Orinda repaving of Ivy Drive, the combination of two separate surface seal projects in Lafayette and Moraga, and an Orinda-Lafayette project at White-Oak Court. These collaborative projects were heralded as nice first steps in the right direction.

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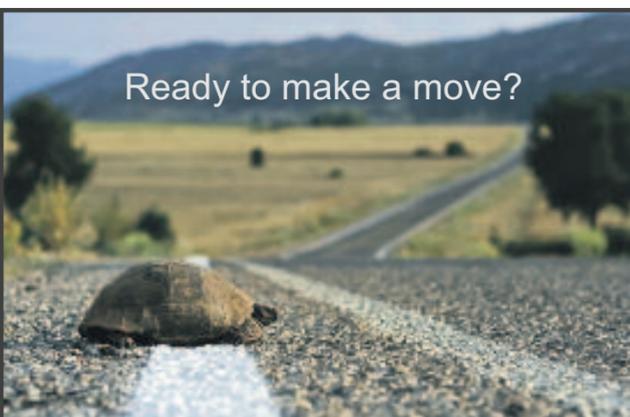


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## Viticultural Significance ... continued from page A1



Sal and Susan Captain showing the Lamorinda AVA map

Photo Sophie Braccini

Members of the Lamorinda Wine Growers Association (LWGA), which funded the study that was submitted to the TTB for approval, say that the AVA adds a sense of place, and puts Lamorinda in a bottle.

"We felt that the existing AVAs did not describe our wines adequately," says LWGA Vice-President Carol Haag. "What we discovered during the study is that the actual city limits [comprising Lamorinda] match a unique geological region with its own climate and soil composition." The dominant geological formation, known as the Orinda Formation, supports most of Lamorinda, and the soils found in Lamorinda are a combination of uplifted sedimentary formations, some rich in marine fossils, and erosion from the surrounding mountains. These unique characteristics of the Lamorinda terroir, the natural environment in which a particular wine is produced, are favorable to great wine-making.

There are five bonded wineries currently within the Lamorinda

AVA, each producing a few hundred cases per year. TTB identified 46 commercially producing vineyards covering approximately 139 acres in the Lamorinda AVA. The individual vineyards are small, people live where they grow their vines, usually covering less than 5 acres, sprinkled like confetti among the lower density housing areas of the three suburbs. Most of the vineyard owners either simply grow the grapes or make wine only for their family and friends. Not all are part of the LWGA.

None of the winemakers at this time make a fortune with their wineries. "One needs to produce 20,000 to 30,000 cases a year to make a living," says Sal Captain of Captain Vineyards in Moraga. But those who sell commercially have already won awards in regional wine competitions. The Lamorinda terroir is rich, the flavors are intense, and the colors deep. Now the new appellation is a way for East Bay connoisseurs to source truly local wines. "The diverse topology creates microclimates that allow many grape varieties to

grow well in Lamorinda," adds Haag. "While there are some white wine varieties being grown, Lamorinda is mostly devoted to red wine varieties. Cabernet Sauvignon, Pinot Noir, Syrah, Petite Sirah and Sangiovese are most common. Being a relatively new winegrowing area, there is some experimentation going on with some very interesting results."

It took the LWGA three years to conduct the research and get the TTB approval. Haag said that in June of 2012 the group engaged the services of professors Patrick Shabram, Kenneth Verosub and Michael Oskin to perform the necessary research. "We were fortunate to get amazing support from the Livermore AVA," adds Susan Captain who was part of the AVA committee with Chair Dave Rey, Vlatka Bathgate, Tom Morehouse, Jim Ward and Bill English. Livermore's AVA is three times as large as Lamorinda's, which will be one of the smallest in the nation. The quantity of grapes grown here is likely to remain limited since both the cost of land and the pressure for more housing are quite high.

The five bonded wineries allowed to sell commercially are Captain Vineyards in Moraga, Deer Hill Vineyards in Lafayette, Los Arabis Vineyards in Lafayette, Meadow View Winery in Orinda, and Vincenza Ranch in Moraga. "Lamorinda wines are sold at Cine Cuvee, The Cooperage, The Fourth Bore, Hideout Kitchen & Café, Lafayette Park Hotel, Postino, Walnut Creek Yacht Club, Amorama, Diablo Foods, Jacksons, Moraga Wine & Liquor and the Wine Thieves," says Haag. Wines can also be purchased online and at the individual wineries. For information, visit lamorindawinegrowers.com.

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# Local Residents Instrumental in Supporting Marching Band

*More needed for Kennedy High in Richmond*

By Cathy Tyson



Colleen McCormick and John Quell in Lamorinda Music's repair room with a vintage sousaphone that needs work. Photo C. Tyson

Colleen and John McCormick know a thing or two about marching bands. They met as members of the Cal marching band and have two children who have enjoyed music and have also played in their college marching bands. As owners of Lamorinda Music on Lafayette Circle, they reached out to help the Richmond High School band by offering the services of John Quell, their talented instrument repair technician, and also by donating some gently used instruments to the school.

Quell is working hard to get a quick turn around on Richmond High's vintage instruments, collecting them on Saturday and trying to get them back to school on Monday so the students will have something to play. These instruments have clearly seen better days: they are so old that finding replacement parts is a real challenge; and they need to be disassembled and put through an ultrasonic cleaner to bring them back to life.

The McCormicks got wind of the situation by crowdfunding site Bring the Music Back, and the fundraising request by community organizer Cesar Zepeda, who was principal for a day at Richmond High and learned that the after-school band class didn't have nearly enough instruments for all the students.

An anonymous donor who walked into the Lamorinda Music shop figured the crowdfunding site was never going to be able to provide funding for all the flutes, clarinets, oboes, tubas and more, so the fellow, who Colleen McCormick describes as an attorney, not a musician, but "quite the character," made a \$76,000 donation.

Due to his generosity 44 instruments have been ordered and 42 have been delivered; two bassoons will be arriving soon from the Midwest.

Current students will not only get to use the instruments, but now with the help of Quell – the fixer – scores of students will use them for many years to come.

The independent business provided a pass through, McCormick explains. They buy the instruments at cost, then she and her husband load up their cars to deliver them to the school. Students are absolutely thrilled with the new instruments and Richmond High band director Andy Wilke wants to share the wealth with neighboring Kennedy High School.

Kennedy High's third band director in three years, instructor Robert Alfaro, has his work cut out for him. When he arrived in the fall, he found only 12 playable instruments for the over 40 students enrolled in the class, so some students resorted to playing snare drum on buckets with drumsticks.

"I have met many students that want and deserve a quality music program here at Kennedy, so it is my responsibility to provide what I can to the best of my ability," said Alfaro. "My piano lab is in full swing; my guitar classes have many once-failing students that are thriving in my class, and consequently others, too." Alfaro's goal is to equip a marching and a concert band, so those students could travel and perform.

"For now, if I can just get a couple sousaphones and mellophones, we can at least play in the stands next football season, and come back indoors as we are this year. While a

marching band is certainly in Kennedy's future, I also have a jazz band in my three to five year plan, and some new saxophones would certainly help to ensure that," said Alfaro. (See the specific wish list of instruments below that, with proper maintenance, should last for at least 20 years.)

So, Lamorinda Music has now offered to pitch in for Kennedy High School as well.

Residents can bring used musical instruments to the shop, where they will be refurbished and donated to the school. The shop, located at 81 Lafayette Circle, just past American Kitchen restaurant in Lafayette, is open Monday through Saturday. For information, call (925) 385-0963.

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- 2 sousaphones
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- 2 marching baritone horns
- 2 4-valve euphoniums
- 1 piccolo

**Concert Band instruments needed:**

- 2 oboes
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- 1 bass clarinet
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- 2 4-valve euphoniums
- 1 tenor, 1 baritone, 1 alto saxophone

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# It Can Happen in Lamorinda

Panel discussion on prescription drug abuse planned March 12

By Nick Marnell

D'Anne Burwell noticed her son's slipping grades, his weight loss. But when his best friend told her that her son had a problem, the news shattered the dream life Burwell had imagined for her family. She finally confronted her 19-year-old over his OxyContin addiction.

"I paid for rehab," said Burwell. "But paying for rehab was enabling him. I told him that he needed to find recovery on his own." You cannot hurry a person who is in denial, she said, and after a year of failed rehab attempts, her son called home from Colorado and agreed to enter a detox facility.

"Part of my recovery is breaking my silence," said Burwell, an educator, who wrote the book "Saving Jake: When Addiction Hits Home" to raise awareness of the prescription drug abuse epidemic. She and fellow Bay Area author Erin Marie Daly, who wrote "Generation Rx: A Story of Dope, Death, and America's Opiate Crisis," will share their stories of pain and recovery from the scourge of prescription drug abuse March 12 at a free conference in Lafayette.

According to the Centers for Disease Control and Prevention, 44 people die every day from an overdose of prescription painkillers, and many more become addicted.

Burwell said that her son, nearly four years clean and sober and close to finishing his college degree, was proud of the book and of his mother's decision to speak out.

Though the Burwell family story is on course for a happy ending, such was not the case for the Daly family.

Daly's brother took prescription painkillers in high school, and she said the one that stuck was OxyContin. From that drug, her brother progressed to heroin and he passed away from an overdose while away at college in San Diego in 2009. Daly, a freelance journalist, said she pieced the story together after her brother's death. "My brother was a very private person," she said. "Some have a predilection to addiction. But environmental factors contribute as well. Prescription painkillers are so readily available that anybody can become addicted. This could happen to my daughter one day."

Daly said that her goal is not only to educate people on the risks of prescription drugs, which she does through her blog Oxy Watchdog, but also to stress that compassion is essential for those who are addicted. "Nobody wants to hear this message," she said. "It's our dirty little secret."

In addition to Daly and Burwell, Jaime Rich, coordinator of the Lamorinda Alcohol Policy Coalition, will appear at the Lafayette conference. "Don't think that prescription drug abuse can't touch you, that this is not a



D'Anne Burwell



Erin Marie Daly

Photos provided

problem in your community," said Rich. "It can happen in Lamorinda."

"An Afternoon with Authors: Prescription Drug Abuse Awareness" is scheduled from 3 to 4:30 p.m. Saturday, March 12 at the Lafayette Library Learning Center. For information, call (925) 385-2280.

## Domestic Violence Survivor Uses Meditation to Build a New Life

By Sophie Braccini

Mojgan Kaviani greets her visitors with warmth and grace before inviting them to sit in her living room where tea will be served, along with the pastries she made herself. Far away from her native Iran, Kaviani has reconstructed a life for herself and her two children, part pastry chef and part meditation instructor. She says it is meditation that gave her the strength to leave an abusive marriage. She now shares her knowledge locally and with women seeking refuge in shelters.

Twenty-two years ago, as Kaviani lived within the confines of her unhappy marriage, a friend of her family invited her to meet someone who might be able to help her. Kaviani had no idea of who that person was or what was going to happen, she just trusted her friend. "I was invited to sit down by this man from India," she recalls. "He said I'm giving you a tool to get to know yourself, how you use it is your own choice."

Kaviani never asked his name and never saw him again. That person taught her transcendental meditation.

"He gave me a mantra," she says. "It is something that has a specific vibration, just for you to start the journey inside and detach yourself from the outside. It does not necessarily have a meaning. I don't know how he came up with this mantra, but it does not matter. Because it started changing me from inside."

Gradually Kaviani stopped looking for everybody's approval. "I was using the combination of praying, visualization, imagination and using my mantra; that's what my meditation was made of." She believes the process gave her the strength to leave her husband and her country, with her children, and venture to the United States.

Kaviani started working at the Bank of the West in Orinda then held different jobs, but when she went to visit one of her nieces, who is a baker living in Paris, she started her pastry



Mojgan Kaviani in her home

Photo Sophie Braccini

training. Family and friends began asking for more of her sweet creations. "I love it," she says. "It's like another form of meditation for me." She holds a cottage license for her company, From Moj With Love, and she sells her products through Facebook.

Then another opportunity presented itself, one she believes was a miracle. A year and a half ago, as she was planning to attend another class in France, Kaviani received an email from the Deepak Chopra Center telling her that she had been ran-

domly selected to spend a week there. "I felt this was the place where I belonged," she says. "I owe everything to meditation, and this place was calling my name." When staff at the center heard her story, they offered her a scholarship to become a certified Primordial Sound Meditation instructor. It was arduous study, with a lot of reading, analyzing, writing and presenting, but she succeeded. "I was married at 18 and never studied, and suddenly I was becoming something," she says.

... continued on page B4

## Assembly Bill to Fund Support for Domestic Violence Victims

Assemblywoman Catharine Baker of District 16, which covers Lamorinda, is supporting legislation that funds programs for victims of domestic violence. Assembly Bill 1399, which allows an individual to designate on his or her tax return that a specified amount in excess of his or her tax liability be transferred to the California Domestic Violence Fund, was passed by the state Assembly at the end of January. The Assemblywoman says that domestic violence can happen everywhere, but that programs helping victims of domestic violence have faced a significant funding shortfall in recent years. "I'm thankful my colleagues in the Assembly agree that action must be taken," she said. AB 1399 now goes to the state Senate for consideration.



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## Tackling the Disturbing Trend of Stressed-Out Students

By Uma Unni



From left: Mary Newman, Allison Gans, Holly Newman and Graham Wiseman

Photo provided

According to the 2013 California Healthy Kids Survey, which was administered to all four of the AUHSD schools that year, more than 900 students from the Acalanes Union High School District (AUHSD) seriously considered suicide. Twenty-four percent of ninth-graders and 26 percent of 11th-graders reported feeling so sad or hopeless that they had stopped doing some usual activities – a classic symptom of depression.

A subsequent survey taken in 2015, the Challenge Success Survey, revealed that little has changed since then.

The Challenge Success Survey was administered by the Challenge Success program, a nonprofit group associated with the Stanford Graduate School of Education. The results showed that large numbers of Acalanes High School students admitted to feeling high levels of stress, to cheating, and, on average, students were getting barely six hours of sleep.

“I was completely shocked and horrified by that figure,” said Mandy Chivers, Acalanes High School Parents Club vice president of communications. “Something has to change. As parents, we can’t just sit here with these statistics – we need to make something happen.”

In January, the Acalanes Parents Club Wellness Committee organized Green Ribbon Day, an event promoting mental health awareness. Volunteer-run tables in the Acalanes school quads provided information on stress, anxiety, depression and overall mental health.

The same evening, the Wellness Committee held a Parent Education

event, “Harmful Stress and its Impact on Teen Health,” which addressed the growing problems of anxiety and depression amongst students in the district. Parents and AUHSD leadership, including district Superintendent John Nickerson and Acalanes Principal Alison Silvestri, attended the meeting.

The main event was a four-person panel, featuring a Lamorinda pediatrician, an Acalanes counselor, a Contra Costa crisis manager, and a Miramonte High School graduate. The panelists discussed student stress, and what could be done to help anxious students target the main sources of undue stress.

Panelist Kate Wolffe, currently a freshman at UC Berkeley, spoke about her experience growing up in Orinda. A recent graduate of Miramonte High School, she described growing up in a town filled with “parents, teachers and students of Orinda, California, who are white-knuckled drivers, pencil gnawers, Google Calendar obsessives.”

“From kindergarten on, we Orinda elementary kids fall into a spiral of organized recreation: character-building hyperactivity until we get old enough to fill out our own Google Calendars, the momentum of the spiral being all we ever know,” she said.

Wolffe explained how her own stress mainly came from her desire to be admitted into a college that her community would “respect her for attending.” Wolffe noted that UC Berkeley accepted a mere 16.9 percent of applicants in the year she applied.

Panelist Dr. Daniel Robbins, a pediatrician who has practiced in Lamorinda for 25 years, said that he has

observed strikingly high levels of anxiety in his patients over the years. Echoing Wolffe, he blamed the fact that communities like Lamorinda place tremendous emphasis on getting acceptance to prestigious colleges.

On a practical note, he urged families to do their best to make teens’ lives a little less stressful through simple practices, like making it a point to eat family dinners together. He also strongly recommended that parents monitor students’ cell phone usage during the school week. His concerns about excessive phone usage were not unfounded – the Challenge Success Survey revealed that during homework time, 44 percent of Acalanes students texted their friends, 30 percent watched TV, Netflix and YouTube, and 29 percent went on social media.

Dr. Robbins also had suggestions for the school administration. These included delaying the start of classes by a half hour, and adjusting the academic calendar so that final exams fell before winter break. Silvestri said the school leadership is exploring many possible changes, including block scheduling, a homeroom system, and alternative homework schedules.

Green Ribbon Day was the Wellness Committee’s first attempt to raise awareness of mental health. The committee is also in the process of working with Acalanes to implement policy changes to reduce the burden on students.

As Chivers put it: “We just want to bring happiness back to our schools.”

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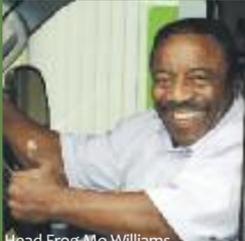
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## Domestic Violence Survivor Uses Meditation to Build a New Life

... continued from page B2

It was arduous study, with a lot of reading, analyzing, writing and presenting, but she succeeded. “I was married at 18 and never studied, and suddenly I was becoming something,” she says.

One week before her finals, she received an invitation from a friend to attend a luncheon for a nonprofit Stand for Families Free of Violence.

Kaviani now regularly teaches meditation in transitional homes for women in Contra Costa County.

Kaviani also teaches meditation in Lamorinda and believes that meditation is a way to access the inner self; it is irreversible, and once it is learned, it cannot be forgotten. “Who we are has nothing to do with who we are socially,” she said. “I think there

is more to life than meets the eye.”

Kaviani will offer an open group meditation at 11:30 a.m. March 26 at the Lafayette Library, and a class starting at the Lafayette Community Center on Thursdays from 6 to 7 p.m. April 14 through May 19. She also offers meditation classes on Wednesdays in her home. For information, call (925) 286-4434.

# SUMMER CAMPS 2016

20 camps listed

## 10<sup>th</sup> Annual Summer Camp Guide

Part 1, Full Day and Overnight Camps (Part 2, half-day camps, April 6 2016)



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**One Week Introductory Sessions** (8:30 - 11:30am)

- June 13<sup>th</sup> - 17<sup>th</sup> (Intermediate\* 10:30am - 1:30pm)
- June 20<sup>th</sup> - June 24<sup>th</sup> (Intermediate\* 10:30am - 1:30pm)
- June 27<sup>th</sup> - July 1<sup>st</sup> (Intermediate\* 10:30am - 1:30pm)
- July 11<sup>th</sup> - 15<sup>th</sup> (Intermediate\* 10:30am - 1:30pm)
- July 18<sup>th</sup> - 22<sup>nd</sup> (Intermediate\* 10:30am - 1:30pm)
- July 25<sup>th</sup> - 29<sup>th</sup> (Intermediate\* 10:30am - 1:30pm)

\*Intermediate sessions available to athletes who have completed a prior one week introductory session or our middle school program

Ideal for students entering 9th or 10th grade!

Learn More & Sign Up!  
[www.oaklandstrokes.org](http://www.oaklandstrokes.org)



**SUMMER CAMPS 2016**

**Camp Kefli (Lafayette)**

Camp Kefli offers a wide range of programs that are appropriate to each age group, grades K-8, filling our two one-week sessions with fun. Some programs utilize the Temple Isaiah facility while others take place off site. We offer creative theme days and adventures that enrich and delight our campers.  
Dates: Aug. 1-12  
[www.temple-isaiah.org/kefli](http://www.temple-isaiah.org/kefli)  
(925) 284-9191

**Camp Orinda (Orinda)**

This camp for ages 6-12 offers one adventure after another. It includes games, arts, crafts, hiking, skits, sports, and twice-weekly field trips to such places as Waterworld, the Exploratorium, Six Flags, Adventure Playground, Sky High and many more. Full day and extended-care options available.  
Dates: June 13-Aug. 5  
[www.cityoforinda.org](http://www.cityoforinda.org)  
(925) 254-2445

**Giants Baseball Camps (Orinda)**

Giants Baseball Camps feature the highest caliber staff and are the perfect combination of instruction, competition and fun. Campers receive an official uniform and spend one day at AT&T Park for a VIP tour and meet and greet with a current or former Giants player.  
Dates: Aug. 1-5 at Wilder Fields in Orinda  
[www.SFGiantsCamps.com](http://www.SFGiantsCamps.com)  
(415) 800-2014

**Art Room Summer Day Camp (Lafayette)**

At "Journey to the Art of Summer" students enjoy the creative process while learning art skills in a nurturing environment. The camp is a journey toward individual expression, improved craftsmanship, and an overall love of art. Campers get to experience a variety of artistic media, including sculpture, drawing, painting, and more.  
Dates: one-week sessions, June 13 - Aug. 19, with an extra "Lil' Minions Camp" session for ages 4-6 from Aug. 22-26  
[www.theart-room.com](http://www.theart-room.com)  
(925) 299-1515

**Lafayette Summer Music Jazz Workshop (Lafayette)**

This weeklong music workshop provides an intimate and inspiring environment for learning and playing jazz. Students, ages 11 to 80 years old, receive master classes, improvisation workshops and jazz combos led by some of the preeminent, professional musicians in the field.  
Dates: One week only, July 31 to Aug. 5  
[www.lafsmw.org](http://www.lafsmw.org)

**Lorne Smith Lacrosse (University of Oregon, Lake Tahoe)**

One of the most highly regarded teachers — and players — of the game of lacrosse, Lafayette resident Lorne Smith offers overnight camps (with day option) for boys ages 12-18.  
Dates: University of Oregon, July 31- Aug. 4  
Lake Tahoe, July 18-22 (High school only, rising freshmen okay)  
[www.lornesmithlacrosse.com](http://www.lornesmithlacrosse.com)

**Orion Academy Summer Adventures for Teens with Asperger's (Moraga)**

Orion's popular summer sessions were developed and are run by Orion faculty to improve the social skills of teens with Asperger's in a fun and supportive environment for ages 13-18. One week students find a common interest through film, while another week they can geocache, hike in the redwoods, ride horses and hike with llamas.  
Dates: July 18- 21, July 25- 28  
[www.orionacademy.org/curriculum](http://www.orionacademy.org/curriculum)  
(925) 377-0789

**Roughing It Day Camp (Lafayette)**

An all-outdoors day camp located at the Lafayette Reservoir. Roughing It offers programs for campers ages 4-16. Activities include horseback riding, swimming, fishing, canoeing, kayaking, sports, crafts and more. Free transportation options from seven central Lamorinda areas with home pick-up and drop-off available in many areas. Free extended care also available.  
Dates: June 20 - Aug.19  
[www.roughingit.com](http://www.roughingit.com)  
(925) 283-3795

**Saklan School (Moraga)**

"Summer @ Saklan" provides culture, language and summer fun for ages 3-11. Mornings on campus are filled with enrichment in Mandarin, French, Japanese, Spanish and Italian. Afternoons are packed with summer fun, including field trips, swimming, art and music. Three-week sessions. Early enrollment discount through April 1.  
Dates: 8:30 a.m. to 4:30 p.m. (Extended care available.) Jun. 13 - Aug. 12  
[www.saklan.org](http://www.saklan.org)  
(925) 376-7900

**Sewnow! Fashion Design (Lafayette)**

Learn fashion design and sewing at Sewnow fashion studio. We offer a variety of one-week, half-day and full-day camps for juniors (second and third grade), kids, and teens. Have a blast, learn to design, sew, and illustrate like a pro and walk away with unique personalized fashion items. Camps include fashionkit patterns and digital instructions, fabrics, notions, custom embroidery, and participation in our end of summer fashion show.  
Dates: June-August  
[www.sewnow.com](http://www.sewnow.com)  
(925) 283-7396

**Sienna Ranch (Lafayette)**

Camp choices at Lamorinda's own ranch camp include morning Farm Hands and Nature and Horseback Riding camps as well as afternoon pottery, woodshop, archery, art and animals, horses and more. Serving campers entering grades PreK-8 with select teen programming, Sienna Ranch offers weeklong, full-day or half-day camp options. All adult, professional staff and a convenient location.  
Dates: various dates and times available  
[www.siennaranch.net](http://www.siennaranch.net)  
(925) 283-6311

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SUMMER CAMPS 2016

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## SUMMER CAMPS 2016

### SMC Athletic Camps (Moraga)

St. Mary's College offers 40-plus sports camps on one of the most picturesque campuses on the West Coast. SMC offers boys and girls overnight, day, team, and specialty camps for ages 4-18. Early Bird and extended care available depending on camp. Summer 2016 offers all sports, baseball, basketball, running, soccer, softball, tennis and volleyball camps. Dates: various dates and times available  
smccamps@stmarys-ca.edu  
www.smccathleticcamps.com  
(925) 631-4FUN (4386)

### STEM Science Full-day Camps (Lafayette)

Innovate, experiment, design and test at a dynamic science camp. Join Spectrum of Science for hands-on make and take summer science. Topics include Destiny Chemistry and To Infinity & Beyond. Use your Jedi mind powers and engineer a light saber. Be a "muggle" chemist and "fizz it."  
Dates: various dates  
AmyBeth@spectrumofscience.com  
www.spectrumofscience.com  
(925) 820-2415

### Steve and Kate's Camp (Walnut Creek)

Campers Pre-K through seventh grade choose activities such as stop-motion animation, soccer in an inflatable stadium, rock-climbing on a 30-foot wall, bread making, knitting, music recording in custom vocal booths, learning to code, and pie throwing. Choose day passes or entire summer membership. Lunch, snacks and all materials included in both plans.  
www.steveandkate.com  
(415) 389-KIDS

### Summer Shakespeare Conservatories (Lafayette, Oakland)

Two- and four-week conservatories offer classes (for ages 8-18), including acting, improvisation, stage combat, voice and movement. Afternoons are spent in rehearsals for an abridged Shakespeare play performed on the final day. Financial aid is available.  
Dates: June 27-July 22; July 25-August 5,  
June 20-July 15, July 18-July 29  
Bentley Upper School, Lafayette; Oakland School for the Arts, Oakland  
www.SummerShakespeareCamp.org  
(510) 809-3293

### The Crucible Youth Summer Camps (Oakland)

Campers enjoy hands-on creative fun making art, while learning real-world skills. Kids participate in any of 15 exciting departments including ceramics, enameling, glass blowing, hot wheels, jewelry, neon, kinetics, textiles, welding, woodworking and others. Morning and afternoon sessions available.  
Dates: six one-week sessions, June 20 - Aug. 5,  
www.theCrucible.org  
(510) 444-0919

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INSTRUCTOR: KEVIN MACY, HEAD FOOTBALL COACH  
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GRADES 4 - 8, SEPARATED BY GRADE

DATES: July 11 thru July 22 (M - F) TIMES: 1:30 - 5:00 P.M.  
FEES: \$320 (T-shirt included)



FOR REGISTRATION FORMS, CONTACT:  
925/280-3950 x-5163, kmacy@acalan.es.k12.ca.us  
or download registration form at campofootball.net

### Did we miss your favorite camp?

On April 6 we will list all half-day camps and classes. Reach 60,000+ in Lamorinda and advertise with us. Call (925) 377-0977 or email wendy@lamorindaweekly.com.

The Lamorinda Weekly Summer Camp listings are not paid advertising. Our intent is to provide a useful reference guide. In the event we have inadvertently printed misinformation, please let us know. LW is not liable for errors or omissions.

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—Conservatory student

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sewnow! 3534 Golden Gate Way, Lafayette (925) 283-7396 info@sewnow.com

## YOUTH SUMMER CAMPS



- SIX 1-WEEK SESSIONS
- JUNE 20 - AUGUST 5
- FOR KIDS 8-17

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Hands-on, creative fun making art while learning real-world skills.

Mornings: 9 am-12 noon  
Afternoons: 1-4 pm  
Aftercare available



1260 7th Street, Oakland  
(510) 444-0919

[TheCrucible.org](http://TheCrucible.org)

# Farmyard Darlings Bring Country Back to Lafayette

Submitted by Roxanne Voeltz



Cowgirls on a March 3 birthday ride.

A little bit of country was added to the small town of Lafayette last Thursday morning when 12 cowgirls rode their horses through downtown. The destination? Farmyard Darlings, a local business at 20 Lafayette Circle, and a visit to the Round Up Saloon for some refreshments.

This was a pre-planned March

birthday ride for fellow cowgirls Megan Lingberg, a Burton Valley resident, Anne Branagh from Orinda, and JoAnn Gillespie from Briones-based Rawking Horse Ranch, as well as nine other riders.

At one point, Mt. Diablo at Oak Hill traffic was stopped and Lafayette Police Officer Michael Marshall was in attendance to add a little humor by

handcuffing and pretending to arrest one of the birthday girls, Lindberg. A Lafayette Parking Enforcement Officer also joked with Lafayette resident Allison Dent Curletto and pretended to give her a parking ticket while her horse was tied to the meter. One cowgirl even brought her horse into the Round Up.

Photos provided



Lafayette police officer Michael Marshall makes a mock arrest during the festivities.



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www.gomeadow.com

## Miramonte Junior Google Code-in Grand Prize Winner

By Sophie Braccini



Hannah Pan at the Lafayette Library and Learning Center

Photo Sophie Braccini

Miramonte High School junior Hannah Pan, who founded her school's Software Design Club last fall, has not always been attracted to science, technology, engineering and math, but she got hooked when she took advanced math classes at DVC, and her love for coding recently paid off when she was named as one of 26 Grand Prize winners of the 2015 Google Code-in Contest.

Google Code-in is a competition for 13- to 17-year-old students in middle or high school who work with open source software organizations on a wide variety of tasks. Chosen among 980 students from 65 countries, the 26 winners will be treated to a trip to visit the Google campus for four days this summer, meet with Google engineers, and enjoy some fun in San Francisco.

While Pan enjoys coding, she says she got the most satisfaction from the collaborative process and participating in real work projects.

"There were 14 different open source organizations to choose from," explains Pan. "Each proposed different tasks, not all coding and not all very complex. I chose Haiku, an organization that is developing an operating system. Like a Haiku, they want their product to be simple and elegant." Haiku is an open source operating system born out of the ashes of an operating system from the late 1990s called BeOS, which was developed by a company named Be Inc. from Menlo Park. Haiku has participated in the Google Code-In project since it started in 2010.

Before tackling the more difficult coding tasks during the eight-week-long competition, Pan took on beginner projects, such as designing a company T-shirt and creating a PowerPoint outreach presentation that she

showed to her Miramonte club. She also took files from different places and put them together to build the operating system. "I was not exposed to that before; a lot of the struggles came from the fact that the instructions were not really specific for my Mac," she said, "but the mentors were really helpful and after that first learning curve, everything became a lot smoother."

She did coding tasks such as fixing bugs in software, documentation, outreach and research, quality assurance, and user interface. "It was pretty diverse and interesting," she said.

Scott McCreary, who was Pan's head mentor at Haiku, said that by the end of the contest, Pan was doing tasks that usually only students who have worked on Haiku for months would attempt, and she did a great job with those. "It was fun to see her progress through the contest," he said.

Pan said what she learned most from her mentors was to never give up. "There were a lot of obstacles, and time management issues," she said. "Sometimes I would think that I had done enough, but the mentors pushed me and encouraged me to not settle for mediocrity and work my very best, and that was very important." She thinks that on average she must have worked about 30 hours a week during the eight weeks, with large fluctuations.

At the end of the eight weeks, the mentors each voted for the two students who had impressed them most.

Pan, who is also an accomplished pianist and volunteer tutor at the Lafayette Library and Learning Center, feels that coding is very likely going to be a part of her future. She plans to apply to UC Berkeley and Stanford next year.



**Moraga Valley**  
Swim & Tennis Club

**Come Join the Fun!**



**Open House**  
Sat April 16th  
3pm-5pm

### Memberships Available

Enjoy a beautiful, park-like setting including a six lane lap pool with shallow play and deep diving areas, as well as a separate baby pool.

Work on your serve on our Har-Tru clay tennis courts. Join in on Learn-to Swim lessons, Competitive Swim Team, Masters Swim program, and year-round Adult and Junior Tennis Programs taught by USPTA certified coaches.

**NEW this summer! Camp Marlin, a day camp for kids ages 5-12.**



**Swim Team Registration Opens March 12**

moragavalleypool.org

email: membership@moragavalleypool.org

# Community Service

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions may be sent to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com) with the subject header In Service to the Community.

## New Troop 249 Eagle Scouts

Submitted by Susan Severson



From left: Spencer Pugh, Alex Linney and Blake Severson

Photo Marci Nelson Photography

Boy Scout Troop 249 honored three scouts for earning their Eagle Scout Award on Feb. 28.

For his Eagle Scout project, Miramonte High School junior Alex Linney interviewed U.S. veterans, mostly from World War II. Their recordings were sent to the Library of Congress and are available for anyone to view. The project included recording different time markers in each veteran's account, so people can look up certain stages of the war and instantly find relevant firsthand accounts from the veterans who served. He enjoyed getting to hear stories from veterans serving in Europe, the Pacific Islands,

and even Alaska. At least two of the veterans have since passed on, including Alex's Grandpa Doug. He is grateful to have chronicled their war experiences for the benefit of our nation's history, and he is thankful for their courageous service.

Miramonte junior Spencer Pugh has an uncommon hobby – speedcubing (solving a Rubik's cube as fast as possible) and his record is 10.77 seconds. For his Eagle project, Pugh organized a peanut butter drive for the Contra Costa Food Bank. He was assisted by scouts and family members, who collected over 1,000 pounds of food from fellow church members

and customers at six different Lamorinda grocery stores.

Blake Severson, a junior at Miramonte High School, chose to repair and improve his local LDS Chapel retaining wall and yard for his Eagle project. He planned with the local facilities management of the LDS church to cut back a significant amount of vegetation in order to expose a retaining wall needing repair and repainting.

BSA Troop 249, sponsored by The Church of Jesus Christ of Latter-Day Saints in Moraga, is led by Scoutmaster Craig Anderson.

## 'Convictions'

An evening of chamber music with Gold Coast Chamber Players

Submitted by Pamela Freund-Striplen



Pamela Freund-Striplen sits with her viola at the piano. Photo provided

Youthful works by composers often display raw talent and impressive musical instincts. At the beginning of their careers, Felix Mendelssohn and Richard Strauss experimented with different types of ensembles, writing for piano trios, string quartets, solo piano, and others. Strauss and Mendelssohn would both go on to write their masterpieces, but the two quartets featured in "Convictions" – the fourth concert of Gold Coast Chamber Players' 2015-16 series starting with a pre-concert talk at 7 p.m. Saturday, March 12 at the Lafayette Library Community Hall – were written when the composers were just starting out.

Mendelssohn was featured prominently in Gold Coast's October concert, "Prodigies," and wrote his Piano Quartet No. 3 when he was only 15 years old. Strauss' Piano Quartet in C Minor is truly an early work; Strauss also completed the score as a teenager. This quartet owes many of its stylistic touches to Johannes Brahms, especially its dark sonority and dramatic scope. David Popper, a great cello virtuoso, wrote the Spanish Serenade for Cello and Piano. Although Popper was a Czech Jew, he clearly shows an affinity for the Spanish, from the rhapsodic cello melodies to the gracefully embellished piano parts.

The Gold Coast Chamber Players are known for their engaging and vibrant performances. Highly acclaimed Chicago-based pianist Yana Reznik has appeared regularly with Gold Coast Chamber Players since 2012, and her exquisite musicality has captivated audiences. Cellist Eugene Lifschitz is the Principal Solo Cello of the Kassel Orchestra in Germany. Violinist Moni Simeonov serves as adjunct instructor of Violin and Chamber Music at University of Southern California and performs and coaches alongside Midori for her Orchestra Residencies Program Ameri-

can and International tours. Artistic Director and violist Pamela Freund-Striplen was recently presented with a 2015 Arts Recognition Award by the Contra Costa County Arts Commission.

Ticket price includes complimentary champagne, the pre-concert talk, and a reception with the musicians following the performance. Tickets are \$37.50 general, \$32.50 seniors and \$15 for students and are available at [www.gcplayers.org](http://www.gcplayers.org) and by phone at (925) 283-3728. Free garage parking at the library on Golden Gate Way. Limited seating, reserve early.

## The Good College: An Engineering Example

By Elizabeth LaScala, PhD

There has always been great demand for college students with engineering degrees. Engineers and the engineering they do serve to help all of us in our busy modern lives. Engineers design the computers and smartphones we use every day, the medical instruments we rely upon to keep us healthy, the bridges we cross to work in the buildings they help design, and much of the rest of the infrastructure of our daily lives. Good colleges of engineering come in different types and sizes to address all the many different demands for engineers and engineering specialties, and fit the needs of different students. These programs are all properly accredited by the Accreditation Board for Engineering and Technology (ABET).

But accreditation is only one sign of a good engineering program. A good engineering program will also provide opportunities for a rewarding learning experience, often outside of the classroom, as well as connections to employment after graduation. Let's take a look at engineering schools in Pennsylvania.

Check out Penn State's main campus at University Park. It has a large number of undergraduates (over 40,000), larger than any other university in the Northeast and Mid-Atlantic states. This past fall there were nearly 7,900 students in the College of Engineering, more than most universities have for all of their majors. There are 12 engineering majors at Penn State, including separate schools for electrical engineering and computer science. The College of Engineering has its own career development center to support its students and connect them to prospective employers. Of course, the largest schools also have the largest classes, especially in the freshman year, so students may not get all the personalized attention they need. Top engineering students may be admitted to the Schreyer Honors College and receive an education that is more personalized and finish with a senior honors thesis. This experience is also one of the best ways

to stand out in a large group of juniors competing for internships as well as seniors vying for full-time jobs. Penn State's 66 percent four-year graduation rate is quite good for a school of its size.

Heading east toward Philadelphia, Drexel University has nearly 17,000 students and one of the nation's largest cooperative education programs. More than 90 percent of Drexel University students take advantage of cooperative education, the majority working in three six-month placements over five years. Once this feature is taken into account, Drexel's low 4-year graduation rate (24 percent) is cast in a positive light. More than half of Drexel's engineering students graduated into a full-time job with a co-op employer in 2013. Drexel has 21 degree options within the College of Engineering as well as a separate school for Biomedical Engineering. It also has the advantage of being in a large city for employment while in school – as well as for knocking on doors after graduation.

About an hour from Philadelphia, Lehigh University is a much smaller school (about 5,000 students) that also offers its engineering students co-op experiences through the sophomore and junior years, and manages to graduate most students in four years. Lehigh engineering students who are President's Scholars may attend the university for a fifth tuition-free year to pursue a second bachelor's degree in business or the liberal arts or complete a master's degree. Lehigh is a smaller program, offering nine engineering degree options. But this program also has a unique option called Computer Science and Business that is accredited by both ABET and the Association to Advance Collegiate Schools of Business (AACSB), the worldwide accrediting body for business schools. In addition, Lehigh's career services are also excellent. Over two-thirds of seniors graduating in engineering found jobs through the career center, on-campus recruitment and the university's career fair in

2014.

You can also get a fine engineering education at some liberal arts schools, notably Lafayette College, not far from Lehigh. Lafayette has 2,600 undergraduates and 750 are enrolled in engineering. Lafayette grants degrees in four engineering fields, as well as a bachelor's in engineering studies. You can choose electives across the disciplines such as civil, electrical, chemical and mechanical engineering—and a BA and BS in international studies and engineering. With dedication and effort, the dual degrees can be earned in four years. Lafayette may be a smaller school than Penn State, Drexel or Lehigh, but it is a better choice for students who want to work more closely with the faculty – there are no graduate students because Lafayette grants no graduate degrees. Lafayette also has one of the best career services centers for a school of its size.

In almost every state in America you can find various types of schools that offer fine engineering programs. The challenge and the fun lie in exploring the various alternatives to find the best matches for you!



Elizabeth LaScala, Ph.D. is an independent college advisor who draws upon 25 years of higher education experience to help guide and support the college admissions process for students and their families. Dr. LaScala is a member of NACAC, WACAC and HECA. She can be contacted at (925) 891-4491 or [elizabeth@doingcollege.com](mailto:elizabeth@doingcollege.com). Visit [www.doingcollege.com](http://www.doingcollege.com) for more information about her services.

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## Lamorinda's Religious Services

### SAINT GILES' EPISCOPAL CHURCH

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### Moraga's Newest/Oldest Church

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### Lafayette United Methodist Church



955 Moraga Rd., Lafayette  
284-4765, office@thelumc.org, thelumc.org

Holy Week March 21-27

Walk the Labyrinth Everyday 9am-5pm

Good Friday Prayer Around the Cross 12-3pm

Easter Worship 8:30am & 10:30am

Easter Brunch & Egg Hunt 9:30am

### St. Anselm's Episcopal Church

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Sunday Services: 8 and 10 AM

In-church Youth Zone, 10 AM Nursery Childcare  
682 Michael Lane, Lafayette, 284-7420, www.stanselms.ws

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Sunday Service and Sunday School 10 - 11 am

Informal Wednesday Meeting 7:30 - 8:30 pm

Reading Room/Bookstore M - F 11 - 4; Sat 11 - 2

www.christianscienceorinda.org



### St Stephen's Episcopal Church

66 St. Stephen's Drive, Orinda  
254-3770. www.ststephensorinda.org  
Sunday 8am, 10am



Moraga Valley Presbyterian Church

mvpc

Sundays, 9 & 10:30am

10 Moraga Valley Lane | www.mvpc.today.org | 925.376.4800

### Holy Shepherd Lutheran Church

433 Moraga Way, Orinda, 254-3422  
www.holyshepherd.org



8:30 a.m. Traditional Worship  
9:40 a.m. Education for all ages  
10:45 a.m. Contemporary Worship  
Coffee Fellowship at 9:30 and 11:45 a.m.  
Childcare available for ages 5 and younger

## ◆ Not to be missed ◆ Not to be missed ◆

### ART

"Two Painters" – an exhibit featuring husband and wife, Robert Poplack and Deborah Kirklin, both professors of art and artists themselves, in their first show together at the Jennifer Perlmutter Gallery. Still life and abstract, separate in subject but joined by a lifelong partnership. The exhibit runs through March 19.

Saint Mary's College Museum of Art will feature the following exhibits through April 2016: "Environmental Impact," William Keith, and "The Battle for Hetch Hetchy." In addition, "Instagaels," a student Instagram exhibition, displays the best photographs the student community has to offer, but also provokes fundamental discussions about the identity of art, while David Maxim's "Points of View" explores the eternal mysteries of metaphorical meaning and ambiguity. The museum is open from 11 a.m. to 4:30 p.m. Wednesday through Sunday. For info, visit www.stmarys-ca.edu/museum.

The Moraga Art Gallery's new show "Capturing Moments of Motion" opens March 23 and features paintings by local artist Josie Osolin and figurative ceramic sculptures by Fred Yokel. A free artists' reception with wine and live music will be held from 5 – 7 p.m. on Saturday, March 26 at the Moraga Art Gallery located in Moraga's Rheem Shopping Center next to the Dollar Store. For more information, visit www.moragaart-gallery.com, call 925-376-5407.

"Intercepting Light: The Mind's Eye" at the Moraga Art Gallery features eye-catching landscapes by photographer Wenda Pyman, whose work calls to mind such masters as Ansel Adams and Eliot Porter. The show, which includes paintings, ceramics, jewelry, and more by the gallery's 15 member artists and several guest artists, runs through March 19.

Jennifer Perlmutter Gallery presents: Kurt Oskar Weber (1938-2011) "Boundless." The Exhibit runs March 24 through April 23, with a reception from 7 to 9 p.m. on Thursday, March 24.

Oscar de la Renta: The Retrospective - Carmen Mahood, member of the Docent Council of the Fine Arts Museums, will discuss some of the highlights of the Oscar de la Renta exhibit at the de Young Museum at 2 p.m. Thursday, March 24 at the Moraga Library.

### MUSIC

Diablo Choral Artists presents "Bach and His Predecessors," a concert featuring works by Bach, Schütz, Telemann and Buxtehude, including Bach's Jesu, Meine Freude and Buxtehude's Magnificat, with string ensemble at 8 p.m. Friday, March 11 at St. Paul's Episcopal Church, 1924 Trinity Ave., Walnut Creek, and at 3 p.m. Sunday, March 13 at St. Stephen's Episcopal Church, 66 St. Stephen's Drive, Orinda. Tickets available at brownpapertickets.com: adults \$25, seniors 60+ \$18, students \$5. For info, visit www.dcachorus.org.

Early piano quartets by Mendelssohn and Richard Strauss, as well as Spanish Serenade for cello and piano by David Popper, will be featured in the Gold Coast Chamber Players' concert, "Convictions" at 7:30 p.m. Saturday, March 12 at the Lafayette Library Community Hall, 3491 Mt. Diablo Blvd. in Lafayette. A pre-concert talk will start the evening at 7 p.m. Tickets: \$37.50 general, \$32.50 senior, \$15 student. To order tickets, visit www.gcplayers.org or call (925) 283-3728. (See story page B9)

Annual Major Works Concert, "The Joy of French Music," at 4 p.m. Sunday, March 13 at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. The concert will feature a first half of wonderful French art songs and arias followed in the second half of the program by Faure's

gorgeous Cantique de Jean Racine and Requiem Mass. The concert will feature soloists Erin Finley, soprano, Megan Stetson, mezzo soprano, Cal Domingue, tenor and David Auerbach, baritone, with Martin Morley conducting.

Moraga Library presents Glenn Staller in Concert, featuring the guitar and ukulele at 6 p.m. Tuesday, March 15 at the Moraga Library. Enjoy an evening performance of both instruments and a variety of musical selections featuring works of traditional Classical, Flamenco, South American, and contemporary musical styles. The performance will include works by Albeñiz, Piazzolla, Tarrega, and Villa Lobos.

Teenage Band Showcase - Uniting Depression and Stress Resources from 7 to 10:30 p.m. Friday, March 25 at 480 St. Mary's Road, Lafayette. A Brighter Day Charity, along with the Lafayette Youth Commission, is thrilled to host its first Teenage Band Showcase. Bands will perform 2-4 songs with local music teachers as judges. Free. Registration via Eventbrite.

### THEATER

Tony Kushner's Pulitzer-winning magnum opus comes to its jaw-dropping conclusion on the Town Hall Theatre stage as the entire cast of last season's critically-acclaimed "Angels in America: Millennium Approaches" returns to finish what they began, beginning work on Part II: Perestroika. The show runs through March 19. Check online for showtimes and ticket prices. For info, call the Town Hall Theatre Box Office at (925) 283-1557, or visit www.TownHallTheatre.com.

The Orinda/Tabor Sister City Foundation has planned an awesome evening of Dinner and the Opera, Presenting Smetana's "The Battered Bride" at 6:30 p.m. Sunday, March 13 at the Orinda Community Center. "The Battered Bride" will be presented in the original Czech language with English subtitles. Dinner will be a choice of Czech cuisine with a drink and more Czech beer and wine available. For reservations, call (925) 254-8260 or email bobbielanders@yahoo.com or go to paypal: Chandler@visherlaw.com.

Miramonte's drama and music departments proudly present "Legally Blonde: The Musical" - a fabulously fun international award-winning musical based on the adored movie. This action-packed musical explodes on the stage with memorable songs played by a live student orchestra and dynamic dances choreographed by drama student Erin Mohr. The show runs at 4 p.m. March 17 (\$5 student special), at 7 p.m. on March 25, and at 4 p.m. on March 26.

Campolindo High School presents "West Side Story," one of the most beloved romantic musical dramas of all time. Leonard Bernstein and Stephen Sondheim's iconic score and lyrics capture the turbulent world of two young idealistic lovers caught between rival street gangs in New York City in the 1950s. Come enjoy community theater with its rich blend of drama, dance and music. There are eight performances from March 10-20 at Campolindo High School, 300 Moraga Road, Moraga. For info on show times and ticket prices, visit http://www.campochoir.com/.

East Bay Children's Theatre presents "Aladdin and the Lamp." Public performances will be presented at 1 and 3 p.m. Sunday, March 13 at The Jewish Community Center of the East Bay in Berkeley; and Sunday, March 20 at the Orinda Library Auditorium in Orinda. Tickets are \$12-\$15, and may be purchased online at: www.EBCTheatre.org. (See story page B11)

### LECTURE & LITERATURE

Cuba: The Power of Community - The American Association of University Women (AAUW) proposes a

live discussion to dispel false ideas and raise interest in Cuba at 9 a.m. Tuesday, March 15 in the Cultural Center of Holy Trinity Serbian Church, 1700 School Street, Moraga. Longtime Lamorinda residents and members of AAUW Laura Wittenberg and Mary Leigh Miller came back from a two-week trip in Cuba in the spring of 2015 with the desire to share their experience and enlighten the discussion with a group of local experts. A brief overview of Cuba's embittered history, with accompanying slide show, will lead to round table discussions by the audience where they will share their own impressions of communism, socialism and why the U.S. embargo has lasted so long. Free.

Moraga Movers and the Moraga Library present Book Talking at 2 p.m. Wednesday, March 16. Sharon Flower will discuss "Beautiful Chaos" by Carey Perloff. This hour-long program will consist of a brief book review, including critical viewpoints and key components of the book, as well as time for discussion.

The League of Women Voters of Diablo Valley and Health Care for All - Contra Costa County are presenting a discussion about Contra Costa County health care from 3 to 4:30 p.m. Saturday, March 19 in the McHale Room, Pleasant Hill Community Center, 320 Civic Drive, Pleasant Hill. Panelists will address the following questions: "How are health care providers meeting current needs?" "What are some systemic changes we might consider?"

The Many Faces of Colon Cancer, an event focusing on the unique issues of colorectal cancer patients from 6:30 to 8:30 p.m. Thursday, March 24 at the Lafayette Library and Learning Center Community Room. Join an engaging panel of medical experts as they cover the most current information regarding minimally invasive surgical options, latest medical therapies, gastrointestinal follow-up care and genetics. Register by calling (925) 677-5041 x272.

East Bay World Affairs Council talk: Rise of Non-Governmental Organizations in China at 7 p.m. Wednesday, March 30 in the Lafayette Community Hall. Mujun Zhou, Ph.D., will shed light on some significant transformations in the sphere of non-governmental organizations in China, and explore the limitation of these transformations. Admission: Council Members: \$10; Non members: \$15; Students free. For more info, call (415) 293-4601 or visit www.worldaffairs.org.

### EASTER EVENTS

Hop on over to the Moraga Commons Park for the annual Moraga Juniors' Spring Egg Hunt at 10 or 11 a.m. Saturday, March 19. Children 8 and under can participate in an old-fashioned egg hunt, play games, and enjoy crafts, and bounce houses. Each child should bring a basket for collecting eggs, and parents are encouraged to arrive with camera in hand for photo opportunities with the Bunny. Admission to the event includes participation in one of two egg hunts. Tickets must be purchased in advance at moragajuniors.org.

Orinda Rotary Club's Annual Egg Hunt at 11 a.m. on Saturday, March 26 at Orinda Community Center Play Field. There will be over 1,000 eggs and prizes for all as well as pictures with the White Bunny. Ages: toddlers through kindergarten and first and second grades only. Be sure to bring a basket.

Take a photo with the Easter Bunny from noon to 3 p.m. Saturday, March 26 with Easter clowns, Easter fairy balloon art, Rheem Boulevard at Moraga Road in Moraga, in the suite next door to Starbucks. The photo session is free with your Rheem Valley Shopping Center receipts totaling \$25, or go online to www.rheemvalley.net to print out the coupon.

... continued on next page

# Climb onto a Flying Carpet and Soar into a Magical New Musical

Submitted by Ron Lytle



Gene E. (Noel Thomas) Princess Balroubadora (Jessica LaFever) and Aladdin (Daniel Ye) take off on a high-flying adventure in Ron Lytle's "Aladdin and the Lamp." Photo Sue Ellen Nelsen

For its 2016 season, East Bay Children's Theatre proudly presents a World Premiere Musical Event: "Aladdin and the Lamp."

Based on the timeless "Arabian Nights" tale, "Aladdin and the Lamp" retells the story of a boy who is lost on the highway of life. After being trapped by a comical villain (Felonoso), Aladdin falls in love, discovers a magical lamp and its occupant (one Gene E. Schwartz), changes his ways, and finally learns what it truly means to be "like a man."

EBCT has commissioned award-winning playwright and composer Ron Lytle to create another high-flying, crowd-pleasing family musical. He also directs the colorful and lively production.

The cast comprises talent gathered from throughout the entire Bay Area, and includes: Terry Pink Alexander, Abe Bernstein, Gemma Bulos, Candy Capogrossi, Barbara Ann Cecchetti, Alex Cox, Harriet Hanauer, Aurelia Jordan, Daniel Le, Pablo Hamlin, Jessica LaFever, Jef-

frey Morrill, Noel Thomas, Eve McElheney Tieck and Wayne D. Stefan.

Public performances of "Aladdin and the Lamp" will be presented at 1 and 3 p.m. Sunday, March 13 at The Jewish Community Center of the East Bay in Berkeley; and at 1 and 3 p.m. Sunday, March 20 at the Orinda Library Auditorium. Tickets are \$12-\$15, and may be purchased online at: www.EBCTonline.org. Advance purchase is strongly recommended, as performances will sell out.

## Service Clubs Announcements



Explore Lamorinda Rotary clubs The heart of Rotary is our clubs- dedicated people who share a passion for both community service and friendship. Learn about Lamorinda's Rotary clubs.

A global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.



We meet Friday mornings at 7:00 am at **The Lafayette Park Hotel & Spa**, 3666 Mt. Diablo Blvd, Lafayette. For more info, please email us at lamorindasunrise@gmail.com

**March 11:**  
**Budd McKenzie** from Trust in Education

**March 18:**  
**Steve Richards** from the Climate Reality Project

### Lafayette Rotary Club

**Step in on a Thursday and join us for our lunch meeting.** Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

**March 10:**  
**Bob Shusta - SWAT** and Hostage incidents in Concord in the 1980s

**March 17:**  
**Stephanie Shaterian,** Owner, fLO Content Marketing

www.rotarylafayette.org

## ◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

### KIDS, PARENTS & TEENS

**Teen Tech Week: Tech it up from 3:30 to 5 p.m.** Wednesday, March 9 in the Lafayette Library and Learning Center Arts and Science room. This program features DIY 3D holograms for your smartphone, 3D printing, MaKey MaKey, scribble bots and electronic snap circuits.

**March Madness is adopt a kitty month.** See the team at the Community Concern for Cats adoption event this weekend from noon to 3 p.m. Saturday, March 12 at the Pet Food Express in Lafayette and from 1 to 4 p.m. Saturday and Sunday, March 12-13, at Pet Food Express in Pleasant Hill, and Petco in Walnut Creek. For more info, visit www.communityconcernforcats.org.

**The Lombardy Branch of UCSF Benioff Children's Hospital Oakland** will be hosting "A Week on the Amalfi Coast" fashion show on March 17.

**Free Practice exams for the New SAT and ACT** at the Moraga Library. New SAT from 10:30 a.m. to 2:30 p.m. on March 19 with a review at 6 p.m. on March 31, and the ACT on April 23 with the review on May 5. Sign up online or at the Moraga Library. Signups include the test return and review date.

**The Friends of the Lafayette Library Bookmark Contest**, open to all Lafayette students, grade K-8, is happening again. Entry forms are available at school libraries for Lafayette School District and St. Perpetua School, the Lafayette Library and Learning Center and at the Friends Corner Book Shop. The entry deadline is Friday, March 18. Winners will receive a gift certificate from Orinda Books, the Friends Corner Book Shop and complimentary framing of their bookmarks at Fastframe of Lafayette. For more information please contact Kay Pekrul at kae865@hotmail.com.

**Teen March Madness from 3:30 to 5 p.m. Wednesday**, March 23 in the Lafayette Library and Learning Center Teen Center. You can make sports collages, bouncy balls and a basketball hoop to shoot stuff through.

**The Friends of the Orinda Library is excited to** announce the com-

mencement of the 2016 Poul Anderson Creative Writing Contest, open to all high school students who reside and/or attend high school in Orinda. Entry Categories are Science Fiction/Fantasy, Essay/Memoir/Biography, Poetry and Short Story. Students may submit one entry in any of the four categories for a total of not more than three entries. Submission deadline is noon on Friday, April 22. Entries should be submitted to individual school representatives or at the Orinda Library. For additional information go to: www.friendsoftheorindalibrary.org or email contest@friendsoftheorindalibrary.com.

### OTHER

**The big semi-annual book sale will be held at the Moraga Library** from 10 a.m. to 2 p.m. Saturday, March 12. There will be hundreds of books in various categories priced from 25 cents to \$4. From 1 to 2 p.m. a large paper bag can be purchased for \$5 and filled with as many books as it can hold.

**Do you know of a young adult with social anxiety** challenges, spectrum behaviors or learning differences who could use a supported independent living environment in a social community? Aspen Network helps young people develop personal and social confidence to help them launch into adulthood. The next Meet and Greet is from 1 to 4 p.m. Saturday, March 12, 15 Vallecito Lane, Orinda. RSVP to mbarker.aspen@gmail.com.

**The Moraga Movers will hold their monthly dinner meeting** at 6 p.m. Monday, March 14 at the Saint Mary's College Soda Center. The social hour begins at 5:30 p.m. La De Da, a ladies cappella vocal quartet, will provide the entertainment. Reservations can be made online at www.moragamovers.org. Cost: \$20 for members; \$30 for non-members.

**The Stroke Support Group of Contra Costa County** will hold its March meeting from 7 to 9 p.m. on March 14 in the Sterns Conference Room at John Muir Medical Center - Walnut Creek Campus (1601 Ygnacio Valley Road). Contessa Bunn of the California Telephone Access Program will discuss the free program for communication accessibility. For further information about the Stroke Support Group, contact Ann Dzuna at (925) 376-6218. Free.

**Persian New Year Festival – Jump over the bonfires** to welcome spring with Persian food, music, dancing, and children's activities from 6 to 10 p.m. Tuesday, March 15 at 2029 Durant Ave., Berkeley. Rain or shine. Free. For info, visit www.AnotherBullwinkelShow.com or call (510) 334-6523.

**Friends Corner Book Shop at the Lafayette Library and Learning Center** is having a half-price sale from 9 a.m. - 5 p.m. on Sat. March 19 at the store located on the corner of First Street & Golden Gate Way in Lafayette.

**Caregiver Survival 101: Caring for Someone with a Dementia** - Reducing Your Stress from 5:30 to 7 p.m. Wednesday, March 23 at Eldercare Services, 1808 Tice Valley Blvd. Walnut Creek. Caregiver Survival Series topics include: The major challenges of dementia care, responses and reactions to reduce your stress, and self-care activities, mini-support groups, and resources for coaching and support.

**Area residents who own classic cars are invited** to participate in the 8th annual Moraga Classic Car Show, which takes place from 11 a.m. to 4 p.m. Sunday, May 14 as part of the 2016 Moraga Community Faire. The \$30 registration fee includes an entry ribbon, lunch for two, a commemorative photo, and a chance for owners to display their restoration work to the public. Prizes will be awarded. The registration deadline is May 1. To register, go to www.moragachamber.org/faire or call Gloria at (925) 247-4473.

### SENIORS

**Art of Balance - If you are worried about falling** or are at risk of falling, you should know about activities that improve balance. Learn how to gain increased balance and avoid the risk of falling from 11:30 to 12:30 p.m. March 23, Cedar Room, Lafayette Community Center. Cost: members, free; non-members \$10.

**Sons In Retirement - Las Trampas Branch 116** welcomes guests to socialize at the monthly luncheon beginning at 11 a.m. Monday, March 21 held at the Walnut Creek Elks Lodge, 1475 Creekside Drive. Guest speaker is Bill Green, co-director of the Speakers Bureau of the Vietnam Veterans of Diablo Valley. Please call

(925) 322-1160 to make lunch reservations, the cost for lunch is \$15. For more info about the SIRs activities for retired men, visit www.Branch116.org.

### GARDEN

**The Moraga Garden Club Meeting will be held** at the Holy Trinity Church, 1700 School Street, Moraga, at 9:30 a.m., Thursday, March 17. Guest speaker will be Beth Branthaver, from the Lindsay Wildlife Experience, formerly, Lindsay Wildlife Museum, who will discuss "Birds in the Garden." Interested parties are welcome for the 9:30 a.m. social time, marketplace table and meeting at 10 a.m.

**Lafayette Garden Club. presents "An Andalusian Legacy"** from 9:45 to noon Thursday, March 10 with speaker Katherine Greenberg, who will discuss creating beautiful and sustainable gardens suited to California's Mediterranean climate. Meetings are held at the Lafayette Veteran's Building, 3780 Mt. Diablo Blvd., Lafayette. For info, email Car-

olyn Poetzsch at cpoetzsch@gmail.com.

**The Walnut Creek Garden Club will hold its March meeting** at 9:30 a.m. at the Gardens at Heather Farm, Monday, March 14. Business 9:30 a.m., social 10:30 a.m., speaker 11 a.m. Program: "Photo Essay of the Animals and Plants Found on Mount Diablo" by Dirk Muehler, Shell Ridge open space nature photographer.

**Montelindo Garden Club meeting will be at 9 a.m.** Friday, March 18 at St. Stephen's Episcopal Church, 66 St. Stephens Drive, Orinda. Visitors welcome. Topic: "From Farm to Vase Floral Designs." Anna Campbell, owner of The Floral Cultural Society flower shop in Oakland, will demonstrate her farm-to-table floral design style. For info, visit www.montelindogarden.com.

**Please submit events to:**  
calendar@lamorindaweekly.com

## Lamorinda Weekly

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# Salt Crust Creates Perfect Cocoon for Cooking Fish

By Susie Iventosch



Southwest salt-crusted salmon with cilantro-lime-jalapeno vinaigrette

Photo Susie Iventosch

A few years ago on a trip to Europe, my husband and I ordered a whole fish, baked in a salt crust. It was such a fun dinner, because the presentation was really exciting as the waiter brought this salt mound with fish head and tail sticking out, to present and serve to us. The level of anticipation was high, and we were not disappointed. The fish was delicious and so moist and flaky. It was perfect, and not salty at all.

Cooking in salt is certainly not new, as cultures as far back as ancient Greece used salt as a preservative, and often cooked the meat on an open fire while it was still covered in the salt preservative. Even my own parents had a favorite party menu back in the '70s that featured a London broil, smothered in French's mustard and then covered in salt. My dad then barbecued the meat directly on the burning coals, no rack required!

The salt paste creates a hermetic seal, a kiln of sorts that allows the fish to cook, while trapping the moisture inside, leaving the fish tender, flaky and very moist. For quite some time, I had been thinking of trying this method at home. Most of the people I talked to at the fish markets told me to use a whole rock fish, which is sort of a generic term for a small white

fish, but we decided we would try making this dish, Southwest salt-crusted salmon, for a dinner party. We used a variety of thinly sliced fresh peppers, lemons and limes, and cilantro for flavoring, and served it up with cilantro-lime-jalapeno vinaigrette drizzled over the top. It was really fun, and we will most definitely do this delicious recipe again and again.

It can be difficult to find a small enough whole salmon, so you can order a portion of the salmon, but be

sure to get a whole cross section of the fish with skin intact. The one I ordered turned out to be 16 pounds, so we took only a portion of that big fish. I was a little worried it wouldn't work without the entire salmon, but it turned out just fine. Have the fish market gut the fish and remove the gills, and if you don't want to deal with the head and tail, go ahead and ask the fish market to remove the head and tail for you in advance. Actually, we did this, and it was quite nice not having to deal with the head.

## Salmon

(Serves 6)

### INGREDIENTS

- One 5-6 pound whole salmon, (or 3-4 pounds mid-section without head or tail)
- 3 pounds kosher salt
- 1 cup tap water (more or less)
- 1 large bunch cilantro, cleaned and shaken, with the very bottom of the stems trimmed
- 2 poblano peppers, seeds and stems removed, and cut into thin rings
- 2 Ortega chilies, seeds and stems removed and cut into thin rings
- 1 jalapeno pepper, seeds and stems removed and cut into thin rings
- 2 lemons, sliced into thin rings
- 2 limes, sliced into thin rings
- Garnish-sprigs of cilantro, lime and lemon wedges

### DIRECTIONS

Preheat oven to 425F. Line a large baking sheet with parchment paper. Rinse fish inside and out, and set aside on a platter. Fish should be gutted and gills removed.

In a large mixing bowl, place 3 pounds of Kosher salt. Add water, a little at a time, to make a paste that will hold a clump when pressed together in your fist. I had a little extra salt on the side, just in case my paste became too watery, which actually did happen. You want the salt paste moist enough so that it will form a crust, and if it is too dry (i.e. not enough water) it will just crumble and fall apart, but you also need it stiff enough that it will hold its shape when you pat it in place over the fish.

Spread about one-third of the salt on top of the parchment paper in a size and shape similar to your fish. Lay one-third of the cilantro sprigs on top, and then layer one-third of the lemons, limes and each kind of pepper on top of that. Lay fish down on top of peppers. Next, stuff the center of the fish with one-third of the same ingredients: cilantro, peppers and citrus.

Place the final third of these ingredients on top of the fish. Pack remaining two-thirds of the salt mixture all around the fish top and sides, leaving just head and tail slightly exposed. Because we used the mid-section, I placed a small piece of foil right next to the open end of the fish, where the flesh was exposed, just to prevent salt from penetrating there. Cover foil with salt, if possible.

Bake in preheated oven for about 35-40 minutes. Test by inserting a knife into the fish, and if it comes out warm, the fish should be done. If you crack the salt, and find that the fish is not quite done in the center, put it back in the oven for just few more minutes, as it will cook quickly once you crack the salt crust.

Remove salt crust and remove fish filets from skin using a fish spatula or a knife. Serve with Cilantro-lime-jalapeno vinaigrette (recipe below) and garnish with lemon and lime wedges and a sprig of cilantro.

### Cilantro-lime-jalapeno Vinaigrette

- ½ cup extra-virgin olive oil
- ¼ cup rice vinegar
- Juice of one lime
- ½ teaspoon lime zest
- 1 small clove garlic, minced
- ½ jalapeno, very finely diced
- ¼ cup finely chopped cilantro
- Salt and pepper to taste

Blend all in a food processor or shake in a jar with a tight-fitting lid until well mixed. Refrigerate until ready to use.

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## Lamorinda Girls Keep Their Seasons Alive With Strong NCS Finishes

By Karl Buscheck



The Lady Mats won their third-consecutive NCS Division III title on Saturday and earned the No. 2 seed in the CIF Open Division tournament

The Miramonte girls' basketball team secured its third consecutive NCS Division III title on March 5, throttling Bishop O'Dowd 82-67.

But fiercer tests await the 29-0 squad.

"I'll enjoy the boys [championship] game and then we're back [at it]," head coach Kelly Sopak explained, as his team gets set for yet another CIF State tournament run.

After contributing 24 points, 14 rebounds and seven assists to the NCS win, senior star Sabrina Ionescu echoed her coach's sentiment.

"I'm already thinking about the next game," the All-American declared.

That next game comes against Brookside Christian at home on March 11, when the Mats begin their state run. While the Mats will be heavy favorites in their first tilt, a run deep into state will likely include clashes with heavyweights like Archbishop Mitty – the No. 12 ranked

team in the country – in the regional semifinals, and the nation's best team, St. Mary's (Stockton), in the NorCal finals.

"With the Open Division, you just know there's bigger obstacles ahead," Sopak said. "So, you try not to look ahead – you've got to take it one game at a time – but I just know the teams are going to be tougher as we go forward."

Against the Dragons at McKeon Pavilion – the home floor of the St. Mary's Gaels – the Mats' trademark uptempo style was on full display. Miramonte raced out to a 19-8 advantage after the first quarter and took a 52-27 lead into the half.

The No. 1 seed Mats stumbled early in the third, failing to sink a bucket in the first four minutes of the quarter, but still ended up coasting past the No. 2 seed.

In the Division II final on March 4, Acalanes couldn't keep up with top-seeded Carondelet, falling 68-42 to

MaxPrep's No. 32 team in the state.

Despite the loss at McKeon, head coach Chad Wellon was thrilled with his team's play from the very first non-conference contest to the last postseason showdown.

"[I'm] very proud [of the team]," Wellon said. "We had an extremely tough non-league schedule and I really think that helped us get to the point where we're at right now – along with how tough our league is."

The No. 2 seed Dons – one of four DFAL teams to advance to the NCS semifinals – dug a deep hole early on against Carondelet, trailing 49-22 at the half. After the break, Acalanes roared out of the locker room, outscoring their opponents in the third quarter 11-6.

Even with its encouraging start to the second half, the early deficit ultimately proved insurmountable for Acalanes.

In the defeat, junior guard Brooke Panfili, who along with junior forward Emma Godfrey, has been one of the stalwarts throughout the cam-

paign, led the team with 11 points. The Dons also received yet another boost from a third emerging star.

"The player who really has stepped up here in the playoffs who's played amazing who's averaged close to 14 [points] a game for us is Roni

Marrone," Wellon said of the junior forward who chipped in nine points against Carondelet. "She's really playing her best basketball right now, which was huge – we needed kind of that third player, in terms of scoring, to step up."

For the Dons – 21-9 overall and 6-6 in DFAL – a simple approach fueled the push into the NCS final.

"My message is just, 'have fun, enjoy the moment.'" Wellon explained. "And hopefully that's what's resonated and that's what the girls have been doing because really at the end of the day, that's what it's all about."

After their runner-up finish on Friday, the Lady Dons earned the No. 5 seed in the CIF Division II tournament, and are set to play No. 12 Elk Grove at home on March 9. The Campolindo Lady Cougars earned a berth in the CIF Division III tournament after losing to Bishop O'Dowd in the NCS semi finals last week. The Cougars earned a first round bye and will face the winner of No. 11 South San Francisco and No. 6 Tamalpais on March 12.

Photos Gint Federas



Clair Steele (3)



Keana Delos Santos (11) and Elle Louie (13)

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## Campo Boys and Miramonte Girls Come Up Short in NCS Soccer Finals

By Karl Buscheck



Amir Aliakbari (10) and Seppi Ortman (5)

Both the Campo boys and the Miramonte girls ended up on the wrong side of the scoreline in their respective NCS title tilts on Feb. 27.

“Losing in the final hurts more than getting knocked out early (on) or even missing the playoffs, so it was an emotional end to an amazing season,” Campo head coach Shane Carney admitted after his Cougars lost 2-0 to De Anza in the NCS Division II final in Moraga.

“The emotional part of all of us is disappointed we didn't finish the dream,” Carney explained. “But the logical view of the season is of a season where a true team formed and put in hard work night in and night out to completely exceed expectations.”

Campo, who wrapped up the 2015-16 campaign with a 17-4-6 record (8-1-3 in DFAL), arrived in the championship after consecutive shootout wins in the quarter and semi-finals. The extra-time triumphs were thrilling, but also proved exhausting for the Cougars.

“I think if we had played De Anza in an earlier round, we probably would have been ready to keep up,” Carney said. “But honestly I just think the legs were gone after a very tough season and grueling playoff run with back-to-back overtime games before the final. They're a great team and deserved to win, but unfortunately, I don't think we were able to put our best effort out there.”



Kelly McKeen (16)

While Campo advanced to the biggest stage thanks to a couple of rounds of penalty-kick dramatics, the Miramonte girls stormed into the NCS Division III final.

Before losing to Branson 1-0 at Marin Catholic, the Mats roared past the opposition by a combined score of 11-2 in the first three playoff clashes.

“I am very impressed by that number but not surprised at all,” head coach Mark Daus said. “If you look at our games throughout the year statistically we outshot our opponents in almost every game by three to four times. As the year went on we were starting to get rewarded for creating all of those opportunities. Whether it may be our goal scorers getting more

comfortable in front of the net or if it was the soccer gods finally shinning down on us I was just glad the girls started to build their confidence and score.”

Against Branson, the opportunities were there once again, but the soccer gods refused to shine down on the Mats.

“As for the game itself, Branson was firing on all cylinders and didn't let up their pressure the entire first half and they capitalized on their one true opportunity they had,” Daus said. “Again they didn't log a shot on goal until the second half and only had four shots total for the game compared to our 16.”

In the aftermath of the finals de-



Gina Crosetti (9)

feat, Daus dished out lofty praise for a pair of the Mats senior pillars.

“Gina Crosetti and Kelly McKeen defined what it meant to be captains this season,” Daus said. “They not only lead their team with their play on the field but they took leadership off the field as well and made sure everyone was on the same page.”

The head coach also commended the rest of the squad. They finished 9-7-4 overall with a 4-4-4 mark in league play.

“I was very proud of our girls and thought they played beautiful soccer and were very hard to play against,” Daus said. “But credit to Branson and their defense to not break and hold a clean sheet and win NCS.”

Photos Gint Federas

## Mats Fall to Moreau in NCS final, Earn CIF Division III Berth

By Spencer Silva



Ethan Fishler

Photo Gint Federas

It was raining threes at McKeon Pavilion (St. Mary's College) on Saturday night (March 5), during the boys' Division III NCS Championship game.

Unfortunately for the Miramonte Matadors (19-10), the downpour was mostly one-sided. The No. 1 seed Moreau Catholic Mariners (25-4) felled the Mats by a lopsided score of 98-67.

The underdog Matadors were aggressive early, stealing passes and transitioning for quick baskets, but it was only a matter of time before the Mariners' sharpshooting placed a permanent wedge between the two teams. In the first half alone, the Mariners were 10-for-14 from three-point range

– overall, they shot a remarkable 14-of-24 from beyond the arc.

Mariners junior guard Demari Millstead led all scorers with 35 points, which included an alley-oop from 20-feet to power forward Oscar Frayer, who finished the play with a one-handed dunk befit of an NBA superstar.

“They're best I've seen in NCS for a few years,” said coach Drew McDonald, who saw the game as learning experience and good preparation for the upcoming CIF state tournament. “As painful as it was tonight, it's a huge experience for my guys.”

The Mats relied on senior stal-

warts and four-year starters Eddy Ionescu and Ryan Anderson, who both finished with 21 points. Anderson flew around the court like a buzzard, forcing two first-quarter steals, and slamming home a reverse dunk off a turnover.

Despite the loss, the Mats have plenty to build on. With the strong finish, the Mats earned the fifth seed in the Division III tournament, the highest seed awarded to an NCS team in the tournament—the Mariners, in turn, will play for the state title in the Open Division. The Matadors earned a first round bye, and will travel to Atherton to take on No. 4 Sacred Heart on March 12. ... continued on page C3

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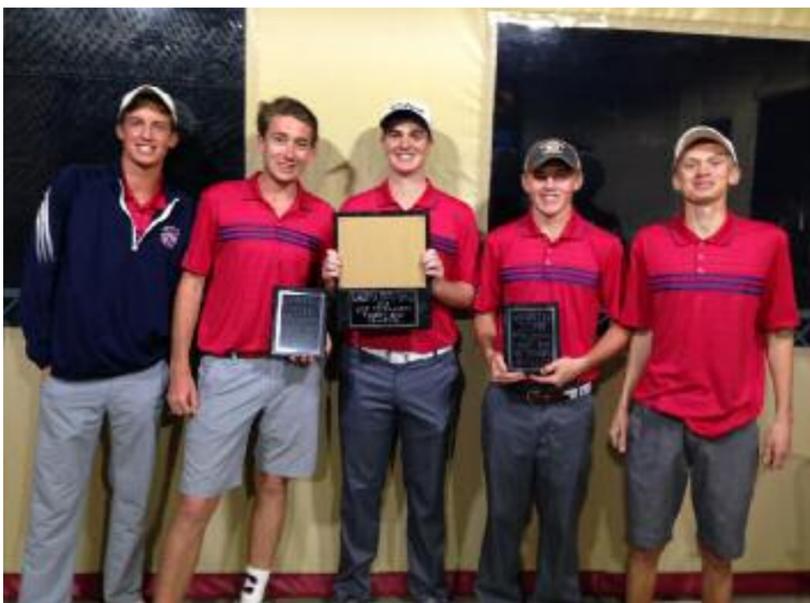
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# Campo Golf Wins Tournament

Submitted by Gary O'Neill



Pictured, from left: Will Lagomarsino (Sr.), Mitch DiRaimondo (Sr.), Ryan Burnett (So.) Austin Fischer (Sr.) and Jay Thomas (So.) Photo provided

The Campolindo High School Boys Golf team had a great start to the 2016 Varsity Golf season, as they took first place in the prestigious Gambetta Tournament held at Lone Tree Golf Club in Antioch on Monday, Feb. 29. The field for the Gambetta Tournament included 22 Northern California high school golf teams. Seniors Austin Fischer and Mitch DiRaimondo paced the Cougars with pair of 69's - or three under par. Fischer was awarded medalist honors by virtue of a scorecard play off that went to a third tiebreaker to determine the winner. Senior Will Lagomarsino (78) and sophomores Ryan Burnett (75) and Jay Thomas (80) contributed to the Cougars three stroke victory over their nearest competitor, San Ramon Valley High School.

# CYO 6th Grade Boys Tournament of Champions

Submitted by Dennis Sidlauskas



Back row, from left: Julie Hoffman, Liam Sullivan, Andrew Sidlauskas, Jake Gallegos, Isaiiah Teran, Griffin Brown Front row: Ethan Haines, Colin McDermott, Roan Kazmierowski, Bo Lagomarsino, Dax Sherwood, Brendan McCulloch Photo provided

On Mar. 5, the sixth grade Santa Maria National Invitational Tournament of Champions, following up on their West Diablo League Championship on Feb. 21. The team completed an undefeated season by winning the CYO National

# St. Perpetua 4th Grade Boys Win Diocese

Submitted by Bill Boselli



Jake Boselli, Jordan Brown, William Byers, Lucas Dissman, Henry Hagel, Jackson Hink, Roan Kuiken, Gus McKinney, Evan Sverak, and Michael Tague. Photo provided

On Feb. 24, St. Perpetua's fourth grade boys' basketball team won the diocesan championship. Next, coach Tague and coach Sverak's will lead the team into the CYO Tournament of Champions.

# LMYA All-Star Game a Thriller

Submitted by Gina Hageboeck



From left: Victoria H., Matilda H., Fiona M., coach Mark Herring, Myella C., Eden H., Neve M., Kate U., and Christina H. Photo provided

On Feb. 28, the LMYA second grade girls' basketball season culminated with a high-energy All-Star game. Team Green won 16-12, after coming back from a 10-0 deficit.

Submit stories to [sportsdesk@lamorinda.com](mailto:sportsdesk@lamorinda.com) [www.lamorinda.com](http://www.lamorinda.com) (we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)

# Mats Fall to Moreau in NCS final, Earn CIF Division III Berth

... continued from page C2



High-flying senior Ryan Anderson scored 10 points in the first quarter of Saturday's game. Photos Gint Federas

The Mats are peaking at just the right time. McDonald pointed to recent contributions from his younger players, especially sophomores Ethan Fishler and Enzo Jiannatone.

"(They) weren't big contributors earlier in the year," McDonald said.

McDonald worked to instill poise in his team all season, and last Thursday, that virtue paid big dividends.

In the NCS semi final against Albany, the Mats overcame the No. 2 seed Cougars - whose colors eerily recalled those of the Mats' most battle-tested rival, the Campo Cougars - by an overtime score of 67-63.

Ionescu was the beast of burden in that game, scoring 38 points, including a game-tying layup he took from half court, through traffic, with 2.7 seconds left in regulation. The crowd-stifling drive sent the game to overtime, where the Mats eventually prevailed.

"It just came to it where I had to go get that one," Ionescu said of his late-game heroics.

Though McDonald was "as bitter as bitter can be" after the loss Saturday, he remains optimistic about the teams' prospects at the next stage.

"I'll be thrilled to have a NorCal home game. In prior NorCals, we've been on the road because we didn't

have a high seed," McDonald explained. "The competition in (the CIF tournament) will be fierce, but I'm really looking forward to it." McDonald added, "I think this group is still getting better."



Twin siblings Sabrina and Eddy Ionescu pose for a photo after Saturday's NCS action

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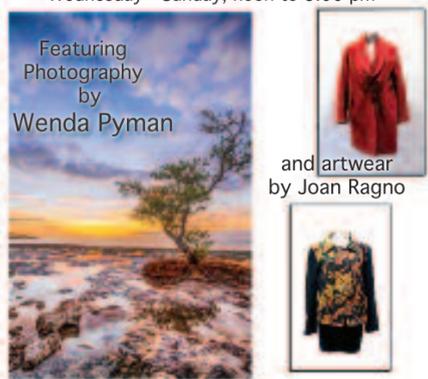
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# Lamorinda OUR HOMES

Lamorinda Weekly Volume 10 Issue 1 Wednesday, March 9, 2016



*Cynthia Brian's Gardening Guide for March...read on page D12*

## Home Occupancy Without the Mortgage *Renting in Lamorinda*

By Cathy Dausman

Lamorinda is a wonderful place to live. The schools are good, the East Bay weather is warm and mild, eateries and services are available in abundance, and the quality of life is high. But so is the cost of real estate. Rather than signing on the dotted line for that big mortgage, some decide to spend time as a renter. But even that is not always easy.

"Inventory [of rental property] is really low," says Keith Katzman of Orinda's Pacific Union International. With average home prices in Lamorinda hovering between \$1.2 to \$1.5 million, according to recently published Contra Costa Association of Realtors statistics, and with multiple offers on homes for sale once again the norm, the demand for rentals has increased, and with it, rents. Sohelia Smith, a 23-year real estate professional, says she saw rental prices actually increase during the recent recession, and that renters now should expect to pay between \$1 and \$2 per square foot for housing.

A quick online search for Lafayette, Moraga or Orinda single family home rentals or leases revealed a 3,100-square-foot gated, single family Lafayette home on an "estate lot" with four bedrooms, crown molding, beveled glass and a piano. It was available for lease through a real estate company for \$5,950 per month. There was no garage; parking was on-street only.

Another listing, this one for a view home in Orinda says its 2,500-square-foot home situated on a half-acre lot was recently renovated and updated; its owners prefer a two-year lease, and are asking \$5,500 per month. A three bedroom, two bath Mor-



*Photo Cathy Dausman*

aga home slightly less than 1,900 square feet that backs up to open space is listed online for \$4,000 per month.

Katzman generally sees a range of people interested in renting rather than owning homes – some simply "don't want to own," while others prefer to rent first and eventually buy. He says many renters are families with kids.

Katzman recently paired a couple from the East Coast with a rental in Lafayette. He estimates the average renter stays put just one or two years. "Just about everybody [in real estate] has handled a rental transaction," he says. For the realtor, it is about building future relationships and hoping the rental client returns at a later date to buy.

... continued on page D4

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## Lamorinda Home Sales recorded

| City      | Last reported: | LOWEST AMOUNT: | HIGHEST AMOUNT: |
|-----------|----------------|----------------|-----------------|
| LAFAYETTE | 10             | \$810,000      | \$3,275,000     |
| MORAGA    | 6              | \$660,000      | \$1,710,000     |
| ORINDA    | 7              | \$823,000      | \$2,117,000     |

Home sales are compiled by CalREsource, 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 CalREsource nor this publication are liable for errors or omissions.

## LAFAYETTE

3402 Black Hawk Road, \$1,238,000, 3 Bdrms, 1835 SqFt, 1960 YrBlt, 2-12-16

21 Burnt Oak Circle, \$1,080,000, 3 Bdrms, 1481 SqFt, 1971 YrBlt, 1-28-16;

Previous Sale: \$85,000, 08-16-76

3397 La Caminita, \$1,925,000, 5 Bdrms, 3260 SqFt, 1965 YrBlt, 1-22-16;

Previous Sale: \$1,420,000, 08-20-10

4146 Los Arabis Drive, \$1,625,000, 4 Bdrms, 1727 SqFt, 1956 YrBlt, 1-29-16;

Previous Sale: \$725,000, 06-27-14

6 Moss Lane, \$710,000, 2 Bdrms, 1559 SqFt, 1987 YrBlt, 2-10-16;

Previous Sale: \$220,000, 04-29-88

1100 Rahara Drive, \$2,080,000, 4 Bdrms, 3678 SqFt, 1996 YrBlt, 2-12-16

20 Ruth Court, \$863,000, 5 Bdrms, 2106 SqFt, 1950 YrBlt, 1-28-16;

Previous Sale: \$910,000, 07-20-05

23 Sessions Road, \$3,275,000, 5396 SqFt, 1997 YrBlt, 1-26-16

3331 Vaughn Road, \$1,308,500, 4 Bdrms, 1945 SqFt, 1961 YrBlt, 1-22-16

## MORAGA

1201 Bollinger Canyon, \$700,000, 662 SqFt, 1957 YrBlt, 2-10-16

1084 Larch Avenue, \$1,135,000, 2 Bdrms, 2596 SqFt, 1985 YrBlt, 1-25-16

3 Paseo Linares, \$1,710,000, 4 Bdrms, 5074 SqFt, 1989 YrBlt, 1-28-16;

Previous Sale: \$725,000, 08-16-90

307 Rheem Boulevard, \$916,500, 3 Bdrms, 1685 SqFt, 1957 YrBlt, 1-29-16;

Previous Sale: \$235,000, 10-04-88

## ORINDA

53 East Altarinda Drive, \$2,117,000, 4 Bdrms, 3145 SqFt, 1974 YrBlt, 1-28-16;

Previous Sale: \$890,000, 08-29-01

18 Lind Court, \$1,247,500, 3 Bdrms, 1350 SqFt, 1955 YrBlt, 1-22-16;

Previous Sale: \$560,000, 05-03-02

21 Sandy Court, \$1,700,000, 4 Bdrms, 3311 SqFt, 2005 YrBlt, 1-29-16;

Previous Sale: \$1,650,000, 04-11-06

113 Van Ripper Lane, \$1,180,000, 3 Bdrms, 2393 SqFt, 1951 YrBlt, 2-11-16



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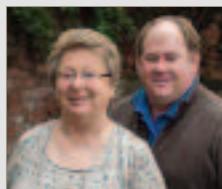
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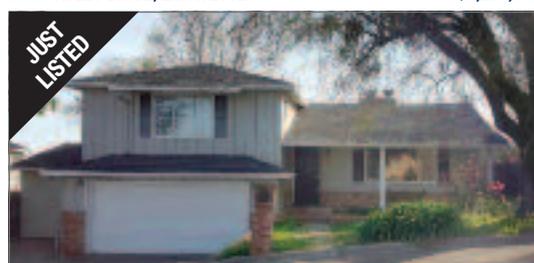


LOS ARABIS (UPPER HAPPY VALLEY) LAFAYETTE \$2,595,000



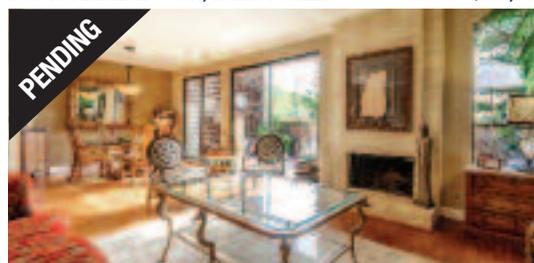
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3360 SWEET DRIVE, LAFAYETTE \$1,270,000



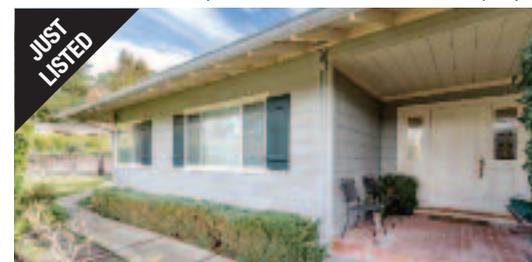
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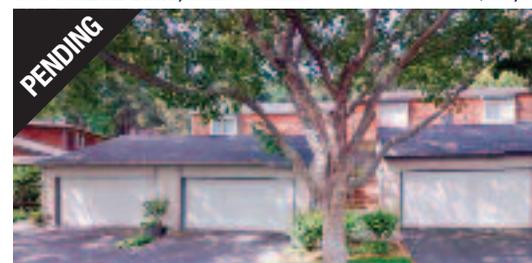
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# Home Occupancy Without the Mortgage

... continued from page D1

Katzman likes to make the search a “group effort” and says that although real estate companies’ multiple listings do include a rentals category, those listings are usually limited to high-end properties. Katzman says most people search online, and Craigslist is the number one resource for finding area rentals.

Smith uses Craigslist and also likes listing homes for rent on Trulia and realtor.com. She says her prospective renters are people who move to the area because of jobs, perhaps temporarily, and “don’t want to buy right away.”

They want to “figure it out” while living in a nicer, well cared for furnished or semi-furnished home in a good area. Smith says “a lot of baseball players; A’s and Giants,” for example, might not want to buy in Lamorinda because their work is only seasonal.

As for who pays for utilities or a gardener, “it varies,” she says. Naturally, when it comes to renting, there are requisites and limitations, even in so-called executive homes (a loosely used term which implies a more expensive home).

Potential renters should approach a property listing prepared to submit income and employment verification, and have financial solvency and credit scores inspected. Finding a landlord who will allow pets is tough, Katzman says, because landlords are concerned about the possibility of damage or that future tenants



Photo Cathy Dausman

may not want to rent if they are allergic to pets or pet dander. There may be an additional deposit required in return for having a pet in a rental. He advises landlords to make their rental home “bulletproof,” by spending a

little extra on appliances to get a good product warranty and to carry an umbrella policy on the residence.

“Don’t do it [manage a rental] on your own,” he says.



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#### Saturday, March 12th

Bill & Melissa Thorn, Thorn Architects  
Lynda Catlin, Catlin Design  
Jean-Paul Bergez, Bergez & Associates Design Studio

#### Saturday, March 19th

Stephen Elbert, Elbert & Associates  
Dalia Nishimori, Studio Nish

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3240 Stone Valley Rd W, Alamo

#### Saturday, March 26th

Kevin Gregory, Vista Design Group  
Naomie Wert, Naomie Wert Interiors  
Jean-Paul Bergez, Bergez & Associates Design Studio

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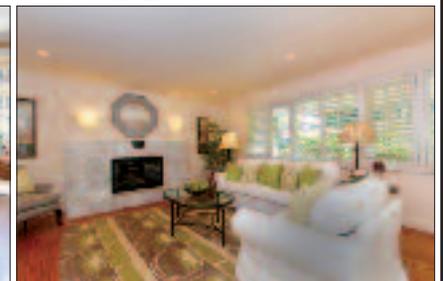
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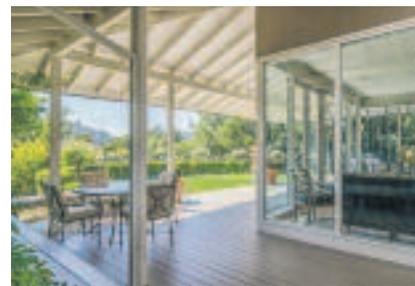
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*Stylish Solutions*

# Keeping Spring Clean with a Mudroom

By Ann McDonald



*This mudroom has incorporated a small powder room off to the side and closed doors to hide messes. While wonderful from an aesthetic perspective, consider how your family lives. Will doors hide the very things you need to find or will they keep you sane because you don't want to look at the mess day to day? Your choice. Photos bigstock.com*

This month I wanted to share some inside information on one of the most beloved rooms in the suburban home: the mudroom. As spring rounds the corner, many of us are looking at tidying areas of our garages, starting the beloved spring clean or just rethinking how we would like to function as the weather lightens up a bit.

Here are some tips on what you can include or consider when remodeling your beloved mudroom – whether it's for a small, medium or ideal option.

First, the small to non-existent space. I understand this, because it is my living truth. I had no mudroom. With two boys who were deeply into sports, a husband who did a lot of coaching on muddy fields, three dogs and me with a penchant for hiking, I would have loved to have had a separate mudroom, especially during the growing years, but it never happened in our suburban Orinda home. Then I had an epiphany.

First, I looked at our front hall off the main entry and I tore out the closet completely. Yes, completely. No entry closet. I can hear the screams now, but stay with me for a

minute. There is hope, and a clean space, on the other side of this action. With the closet gone, I put three-pronged, sturdy hooks in its place. The express purpose was to train our messy family, me included, to hang up their (my) clothes in their (my) actual closets. What a concept!

These hooks worked. Because the space is small, once they were full, they were full. I lost fewer coats and shoes. Our umbrellas now sit in a nice stand on the front porch. The front hall is actually tidy!

Second, I swapped out simple entry tables for chests of drawers in the front hall. The drawers hide what needs to be out of sight: stamps, letter openers, dog leashes and more. With a bit more storage than your typical console table, this is a great storage solution. So good, in fact, that when our oldest went to college, he took one of the chests with him!

Next, the medium space. Here we often find clients have a “back hall” or smaller area to handle some built-ins but not necessarily enough space to add all the extras. When that happens, we go the built-in route. Less dust around pesky tables or chests, a bit easier to design for ac-

tual needs of specific family members.

Many clients like the concept of separate storage spaces for each member of the family. Much like the traditional ski locker or sports locker, these are wonderful ways to encourage those you live with to place items where they will be found when necessary.

I love this look. For shoe storage in drawers, however, consider an open weave face or metal grate face so the smells dissipate and removable washable trays in the bottom so water, mud and dirt don't compromise the wood cabinets. The cost is more, but it is well worth it for lifestyle.

Now, the fun part. Let's imagine for a minute that budget was not an issue and space was available in droves. What kind of ideal mudroom would you design? With a large-scale space, here are some items we have included in designs past:

- A “double-double” Dutch door
- Additional washer and dryer hidden inside built-ins with lift table
- Round table and chairs where delivery people can relax while waiting
- Built-ins for placing and storing packages
- Floral cutting sink with metal counters
- Large-scale tile floors
- Boot trays
- Racks and hooks for coats
- Small powder room
- Television, and more

... continued on page D13



*One nice thing about using closed doors is the option of having a bar for hanging clothes and linens. This is especially useful if you have a dry cleaner that delivers. Things can arrive in the back door and be separated easily before heading to the proper closet.*

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## Gardening Guide

# March is a Time for Picking, Planting and Looking for Butterflies

By Cynthia Brian

*"That which surrounds you is within you." ~ Karl Schmidt*



*Hillside of daffodils with peach tree in bloom.*

*Photos Cynthia Brian*

After visiting the Yucatan Peninsula for a week at the end of February where I snorkeled and swam in underground cenotes (rivers) as well as the aqua waters of the Caribbean, I returned to a garden exploding in blooms. Bearded iris, tulips, anemones, freesia, cyclamen, calla lilies, oxalis, Chinese fringe, rosemary, ranunculus, cineraria, gladioli, periwinkle, plus hillsides of daffodils as well as fruit trees of Asian pear, peach, apricot, prune and crabapple. As the wind blew, the air rained pear blossoms. The soothing smell of springtime permeated my nostrils. How lovely to come home to beauty.

The recent insert in our water bill made me laugh with ways to use only 35 gallons a day. Besides the fact that they failed to recognize that most households contain more than one individual, they also completely overlooked water for gardens, indoor plants and pets. Although my water conservation efforts have placed me in the top 20 percent of savers, the water company also recognized that 68 percent of my water usage is for landscaping. If only we had access to the water of those 6,000 cenotes



*Can St. Patrick's Day be far behind when the shamrocks (oxalis) are blooming?*

from the Yucatan we wouldn't be worrying about irrigating our gardens.

Many emails have arrived asking about more information on the Pearl's Premium lawn seed. Since the ground is warming, yet the heavens still shower us with rainfall, March is an opportune time to seed and reseed your lawns. Since my Nov. 4 article ([www.lamorindaweekly.com/archive/issue0918/Digging-Deep-Gardening-with-Cynthia-Brian.html](http://www.lamorindaweekly.com/archive/issue0918/Digging-Deep-Gardening-with-Cynthia-Brian.html)) about this award-winning lawn seed, I have learned about new research indicating that the roots grow to 20 inches, making the grass, once established, very drought resistant. The one drawback that I have discovered from my personal experience is that in our area, the birds do indeed like the seeds. Make sure to roll the seeds for good soil contact and water deeply. Water daily until sprouting occurs. You may have to over seed a few times to get the lush green thickness you desire.

... continued on page D14



*Iris are already in bloom.*

# Mudroom ... continued from page D10

For large-scale mudrooms that need to function for high traffic catering events or other large-scale living, include: recycling bins, hidden charging stations, a coffee/tea bar and a small built-in microwave for quick snacks, as well as calendar boards and more.

We are past the days of Downton Abbey, when large families or multiple generations are living under one roof. However, the practical application of a centralized 'drop station,' whether it's a room, closet or full-scale area of your home, remains.

Happy spring cleaning, Stylish Suburbanites!

If you are interested in joining us for a free trend talk, make sure to send an email to [ann@couturechateau.com](mailto:ann@couturechateau.com) and visit [www.couturechateau.com/trend](http://www.couturechateau.com/trend) for more information.



*Ann McDonald, IIDA, NAPO, is the Founder/CEO of Couture Chateau, a luxury interior design firm in Orinda. For a complete blog post including other design ideas, visit [www.couturechateau.com/blog](http://www.couturechateau.com/blog)*

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# What to do in your March garden:

**PICK** up all fallen camellias to prevent petal blight on the plant. Remember that camellia bushes grow into camellia trees so plant in an appropriate location.

**PLANT** asparagus crowns as soon as the soil is dry enough to work.

**SOW** Irish potatoes, English peas, radishes, turnips, kale and carrots any time this month.

**ATTRACT** Monarch butterflies to your garden by planting milkweed. A caterpillar increases its body mass 2,000 times as it nibbles on milkweed.

**ADD** the perennial vegetable rhubarb to your potager along with strawberries. They'll be ready to harvest at the same time, just right for pies, jams, sauces and other treats.

**ESPALIER** apples, kiwis and grapes for easier picking as well as space saving.

**THICKEN** and reseed lawns in thin spots. Clover is an excellent option if you are seeking something other than grass.

**FERTILIZE** lawns with an organic feed high in nitrogen. All plants can use a boost of nitrogen.

**TIME** for a tetanus shot if you haven't had one in 10 years. Tetanus does not occur just from rusty nails. You can get it from digging in the dirt.

**REPEL** insects naturally with swaths of pennyroyal, nasturtium, calendula and marigold.



*A landscape of blooming crabapples and periwinkle, and blue rosemary.*

**NET** plants, shrubs and trees that you don't want nibbled by birds, deer, rabbits and other foragers.

**DIVIDE** agapanthus, daylilies and iris while they are still semi-dormant.

**COMPOST** all organic matter to add to your garden. This includes newspaper, shredded cardboard, food scraps (except meat), eggshells, tea leaves and coffee grinds.

**BUILD** hugels now while the soil is still easy to dig to help with moisture retention for the summer months.

**PLAN** your vegetable garden. Check the soil, turn over the cover crops, determine the sunlight conditions, choose your seeds, and write a list of plants you wish to purchase to keep you eating fresh all season.

**PLANT** culinary herbs including cilantro, chives, dill, mint, parsley, rosemary and thyme to spice up your meals all season.

**PREPARE** for Easter celebrations with arrangements of tulips, hyacinths, lilies and colorful annuals.

**START** seeds of eggplants, tomatoes and peppers indoors to get a head start on your summer barbecues.

**WEED!** After all the rainfall, weeds are proliferating. Start pulling them up or turning them under before seedpods set.

**EXHALE!** Winter is almost over and the sunny, warm, longer days of March are here. Getting ready to balance eggs on end on the vernal equinox ... or at least crack a couple of fresh ones for breakfast.



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Happy Gardening!  
Happy Growing!  
Happy Spring!  
(almost)



Cynthia Brian snorkeling in a cenote lily pond in the Yucatan.

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## ORINDA



New Listing

**4 Quail Ridge Lane** This 2.87ac lot enjoys valley views, filled w/mature trees. Priv. lane off prestigious street w/luxurious custom homes. Complete w/approved plans to build 3276sf home. Award winning schools. **\$450,000**

## ORINDA



New Listing

**407 Ridge Gate Road** Rarely available detached one story in Orindawoods on sought after cul-de-sac. Open flr plan w/vaulted ceilings. 3rd bdrm used as ofc. Stunning outdoors w/generous decks for ultimate privacy. **\$1,395,000**

## ORINDA



New Listing

**15 Estates Drive** Redesigned & renovated. Living, dining & island kitchen all in a "Great Room". 4bd/3ba + study/den. Hwd floors thruout. Patio & side yard. Close in loc. on .53ac lot. Top rated Orinda schools. **\$1,698,000**

## ORINDA



New Listing

**8 Camino Del Diablo** Stunning Contemporary 4bd/5.5ba home rebuilt in 2002 by MGHG Designs. Impeccable design and architectural finishes. Chef's kitchen with Carrera marble counters, radiant floors. **\$1,795,000**

## ORINDA



New Listing

**111 Bear Ridge Trail** Gated 1.22ac lush knoll parcel. Custom 5bd/4.5ba, 3952sf home w/light & bright rooms, walls of windows & high ceilings. Modern kitchen. w/informal eating area & adjoining fam. rm. Views! **\$1,895,000**

## ORINDA



New Listing

**8 El Sueno** Custom ranch of the finest quality w/exceptional attn. to detail. This 3450 sq. ft., 4bd/3.5ba home overlooks the 8th fairway. Swimming pool w/waterfall, gazebo & extensive patio. **\$3,150,000**

## ORINDA



New Listing

**125 Alta Haciendas** The views don't get better than this! Breathtaking 3.5acre parcel w/architect. designed apx. 5000sf contemporary. 5bd/5.5ba+ ofc+ studio+ workout room, pool, tennis court & more! **\$3,950,000**

## ORINDA



New Listing

**160 Camino Don Miguel** Magnificent Spanish Mediterranean estate on 2 adj. lots, located on 4th hole of OCC. Main house completely rebuilt in 1996 is over 5800sf with 5bd/5.5ba & sep. 627sf 1bd/1ba guest house. **\$6,200,000**

## MORAGA



New Listing

**35 Ashford Place** Sought after Corliss neighborhood! 4 bedroom, 2 bath home on prime cul-de-sac location. Updates include fresh paint, hardwood floors, new lighting and carpet. **\$1,375,000**

## MORAGA



New Listing

**422 Fernwood Drive** Phenomenal 4bd + media rm/guest rm, 3 ba, Rheem Valley Manor exec. home on over .50ac w/views, pool, outdr BBQ's, putting green & amazing in/outdr entertaining space. By appt. only. **\$1,695,000**

## LAFAYETTE



New Listing

**Springhill Road** Great opportunity to build approved to setting for 8.41 acre location. Design in place by AIA James Wright. Road & utilities all at site. City approval for approach & layout dimensions. **\$879,000**

## LAFAYETTE



New Listing

**3957 Woodside Court** Situated on .83ac park-like lot adj. to Laf. Reservoir w/private gate to Res. Redwds, azaleas, fruit trees & grapes. Best views! Updated kitchen & master ba. Hdwd flrs. Spacious family room. **\$1,595,000**

## LAFAYETTE



New Listing

**858 Mountain View Drive** Wonderful, spacious Contemporary 5bd +ofc +bonus rm, 3.5ba, 4280sf home. Peaceful retreat yet mins to town. Views, walls of glass, beaut. updated. In-law potential. Top rated schools. **\$1,795,000**

## LAFAYETTE



New Listing

**15 Via Magnalena** Mid century classic .8 acre Happy Valley home designed by owner/architect. Preserved high beam ceilings, walls of glass & every rm opens to gorgeous priv. yard, pool. Bonus suite. **\$1,850,000**

## LAFAYETTE



New Listing

**5 Burton Vista Court** Spectacular 7bd/9+ba, 8986sf estate w/ luxury amenities in all grand oversized spaces. Premium 2.25ac parcel w/sport court, pool & pavilion w/kitchen, dressing rooms & showers. **\$5,599,000**

## OAKLAND



New Listing

**11 Reata Place** Rockridge charmer! 2465 sq. ft. 3bd/2ba home w/1 bd/1ba in-law unit. Mid-century modern, bright home on a cul-de-sac. Walk to Chabot Elementary, College Avenue & Bart! **\$995,000**



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