

LAMORINDA WEEKLY



925-377-0977

www.lamorindaweekly.com

Home '18 expo
 Sunday, January 28, 2018
 10 a.m. - 4 p.m.
 Veterans Memorial Building
 3780 Mt. Diablo Blvd., Lafayette
FREE to the public!
www.HomeExpoEvents.com

26,000 copies delivered biweekly to Lamorinda homes & businesses

FREE



Firefighter recruits from Academy 51 break through the roof of Fire Station 16 in Lafayette during Jan. 12 training exercise.

Photo Nick Marnell

ConFire recruits practice rooftop ventilation and fire rescue

By Nick Marnell

Academy 51 recruits from the Contra Costa County Fire Protection District took 14 weeks of book knowledge into the field Jan. 12 as they practiced rooftop ventilation and interior fire rescue at the site of soon-to-be demolished Fire Station 16 in Lafayette. The exercises rang so authentic that passersby along Los Arabis Drive stopped and asked if the structure was burning down.

According to Assistant Fire Chief Lon Goetsch, ConFire recruits opened up ventilation holes in the roof, a procedure that lets smoke and air out of the building and removes heat from the structure. Less heat prevents flashover, where conditions are so superheated the structure becomes totally involved; the less smoke, the easier for firefighters to locate victims and to locate firefighters in distress. The recruits ran

into the smoky building, wearing their breathing apparatus, to find and remove people trapped inside.

The exercises displayed how critical teamwork is to a successful fire attack. Not surprisingly, teamwork and family are words that weave throughout the biographies of many of the 25 recruits.

... continued on page A8

Advertising

LAMORINDA WEEKLY	
Community Service	B7
Not to be Missed	B8-B9
HOW TO CONTACT US	B9
Classified	C2
Love Lafayette	C4



Gorgeous Orinda Downs custom home with breathtaking views. Updated kitchen & HW flooring. New low price call pre-recorded msg 1-800-489-1443 ID: 4001



Your Home SOLD GUARANTEED Or I'll Buy It Myself!



Agent & Seller must agree on price and possession date

Peter Has Overseas Cash Buyers

925-708-0947

No Gimmicks! For Details on my Exclusive Guaranteed Sale Program, listen to a FREE Recorded Message 1.800.489.1443 ID: 1072

Plot lines redrawn, but what of the crosses memorial?

By Pippa Fisher

Planning commissioners unanimously agreed to allow the landowner of the controversial Lafayette crosses memorial to reconfigure his property into two parcels, each with a home on it, causing concerns about development and once again calling into question the future of the crosses.

The roughly 5-acre parcel sits between Oak Hill Road and North Thompson Road, with the crosses memorial opposite BART on Deerhill Road. Currently there are two vacant homes on one lot. The owner, Charles Clark, intends to reconfigure the lot lines to allow for one home on each of the two lots, allowing him to more easily sell the land.

Residents spoke out at the Jan. 16 planning commission meeting of their concern for the future of the site, fearing loss of the open space and the possibility of further subdivision and subsequent higher-density development of the land. The land is currently zoned for single-family units and is further regulated by hillside restrictions.

The crosses themselves have always been controversial. Started by Jeff Heaton and the applicant's mother, Louise Clark, as an anti-war protest in 2006, the memorial has now become a peace symbol that people

either love or hate.

Last year Clark offered the land containing the crosses to the city, either as a park or as a possible site for city offices. Both offers were rejected by the city.

After hearing public comment, which was overwhelmingly against the proposed plot revision, Clark said that he is just trying to sell his parents' property. "I can't sell two houses on one piece of land," adding, "I'm not trying to redevelop the whole town."

Planning Commissioner Gary Huisingsh reminded the audience of the commission's task – to act within its boundaries – which he said seemed simple, having had a satisfactory environmental report on the land and having met all requirements for a lot line adjustment on the property in question. Commissioner Will Lovitt agreed and made the point that neither motivation for selling nor future development is their concern. "It is private property and if it complies with the law then our constraints are clear."

Lafayette resident Mike Munnely, who lives next door to the plot, says there will be a public outcry once word of this gets out, given the notoriety of land containing the crosses memorial.

... continued on page A11

Orinda BART access options looking up

By Sora O'Doherty



The new path to Theatre Square

Photo provided

BART parking often means problems for Orinda. Residents who use BART find it difficult to get a parking space in the Orinda BART lot and residents who don't use BART complain about BART users parking all over their neighbors streets, making it difficult to park. A new program to reduce the number of vehicles parking at BART was put into place, as well as up-

grades to the trail leading BART riders to and from downtown Orinda.

For those who walk to Orinda BART from the Theatre Square area, the city at the end of last year completed its BART Downtown Access Ramp and Lighting Project, which includes a new passage to Theatre Square that is well lit and ADA compliant.

... continued on page A12

Civic News A1-A12

More questions than answers regarding winery regulation – page A4

Fire Districts

Station 16 delays cause staffing changes – page A8

Life in Lamorinda B1-B10

Award-winning author draws from Chinese roots – page B3.



Health B4-B6

Special Healthy Lifestyle Section – page B4



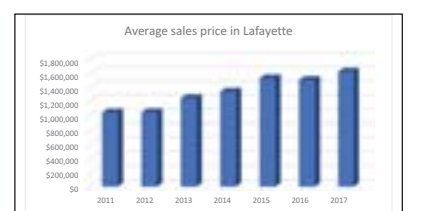
Sports C1-C4

Increased interest in high school wrestling – page C1.



Our Homes D1-D16

Year-end home sales review – page D6.





Public Meetings
City Council
 Monday, Feb. 12, 7 p.m.
 Lafayette Library & Learning Center,
 Community Hall, 3491 Mt. Diablo Blvd.
Planning Commission
 Monday, Jan. 29, 7 p.m.
 Lafayette Library & Learning Center,
 Community Hall, 3491 Mt. Diablo Blvd.
Design Review
 Monday, Feb. 12, 7 p.m.
 Lafayette Library & Learning Center,
 Arts & Science Discovery Center,
 3491 Mt. Diablo Blvd.
School Board Meetings
Acalanes Union High School District
 Wednesday, Feb. 7, 7 p.m.
 AUHSD Board Room
 1212 Pleasant Hill Road, Lafayette
 www.acalanes.k12.ca.us
Lafayette School District
 Wednesday, Feb. 21, 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

 The Lafayette Police Department has changed their reporting and we were unable to get the complete information before press time.

OUR BUYERS' WISH LIST
 DOES YOUR HOME MEET ANY OF OUR BUYERS' NEEDS?

HAPPY VALLEY
UP TO \$6 MILLION

BURTON VALLEY & TRAIL NEIGHBORHOOD
ALL PRICE POINTS

LAMORINDA FIXER UPPERS
SELL "AS-IS"

SLEEPY HOLLOW
UP TO \$3.5 MILLION



DANA GREEN

CALL US TODAY IF YOU ARE INTERESTED IN SELLING YOUR HOME!

925.339.1918

PACIFIC UNION

#1 IN LAFAYETTE FOR 10 STRAIGHT YEARS!

925.339.1918 | LICENSE # 01482454 DANAGREENTEAM.COM

Lafayette is keen to listen

By Pippa Fisher



Lafayette is listening but residents aren't talking much, at least online.

At the Jan. 8 city council meeting Lafayette City Manager Steve Falk presented a quarterly update on the city's online forum, launched in October. The city council had agreed at its October meeting that for the public to take it seriously, forum input should be summarized and presented each quarter.

Before he reported on the responses to the nine questions that are currently up on the site, Falk made the point that since around only 120 people have visited the site, the numbers are not significantly representative, except

among the sector of residents who have sought out the communication tool.

Reflecting that it is still in its early days, Falk said it is nonetheless frustrating that the forum has had fewer visitors to the site than he had hoped, despite having advertised it in the Vistas newsletter and the Daily Roundup as well as the "banner box" at Safeway. He said he would have liked to have seen the number in the thousands. Still he recognized it might need time to gain traction.

While some of the responses seemed to show a big mix of views, such as the question of how the city should handle housing and the question of how residents like or don't like the Reliez Valley Road safety measures, other questions showed more consensus of opinion.

Of the 12 responses to the po-

lice department citizen satisfaction survey, 11 people reported being "very satisfied" on every metric.

On the question "How is the new roundabout working for you?" Falk said the responses have gradually changed over the months perhaps as people have become more used to driving through it. Initial responses were negative, but more recent responses reflect residents' satisfaction.

Having heard the presentation, Mayor Don Tatzin agreed that there are still too few respondents and suggested contacting the vendor to see if this is typical and to find out if other areas that use the site successfully are doing something that the city is not.

Council Member Ivor Samson suggested brainstorming ways to incentivize the program's use, possibly offering prizes. All

council members agreed that the program is potentially useful and might just need a little time to gather more users.

Falk explained after the meeting that after not winning the community improvement sales tax measure, the city council had concluded that Lafayette needed to do a better job of listening to its residents. "That's the impetus behind this effort: to give people who might not be able to attend council meetings an online forum to voice their opinions regarding the city."

Residents can make their voices heard, and can even add suggestions of topics to be discussed, by going online and typing Lafayette Listens into their browser at <http://www.lovelafayette.org/city-hall/lafayette-listens> or by following the link on the city website homepage.

Work on new police headquarters almost complete

By Pippa Fisher



Police Records Supervisor Cathy Surges-Moscato and Police Chief Eric Christensen show off the new Police Station. Photo Pippa Fisher

An unremarkable 1950s ranch-style building from the outside, but a state-of-the-art 21st century police station inside, the new police headquarters on Mt. Diablo Boulevard is close to completion.

In the fall of 2016, the police were notified that their lease at Desco Plaza would not be renewed. The problem was the growth of the department and not least, the lack of parking for the many police vehicles taking over the old complex.

Now, running two months behind schedule because of unforeseen issues with flooring, the San Leandro-based contractor, Sausal Corporation, who bid for the job at \$1.4 million, has almost finished the project at 3471 Mt. Diablo Blvd., just east of Boswell's.

And if residents are curious about the new building, they won't need to break laws to get inside, as a grand opening event is being planned to showcase the new offices from 9 a.m. to 1 p.m. Sunday, Feb. 11, complete with a bouncehouse for the kids and refreshments – possibly even the clichéd donuts.

Chief Eric Christensen is excited and deeply appreciative of the new digs. He and Police Records Supervisor Cathy Surges-Moscato recently gave this reporter a tour of the almost-complete building.

The facility is light and airy and retains the original raftered ceiling

in places. The floors had been recently completed – hardwood, but with a gritty, nonslip finish. The painting is complete but electrical wiring remained exposed and ceiling panels were still missing as the work was being finished.

Christensen explained that because it has been purpose-built with input from the police themselves, the station meets the police department's every requirement. He was keen to showcase the communications features, including secure data-transmission lines, enabling the police to share sensitive material with state and county police officials – not possible in their old location.

The unit is equipped to serve as a secure headquarters in an emergency and its proximity to the Lafayette Library and Learning Center, another key emergency location, is ideal. A new 40-foot radio tower will be installed to the rear of the building. "It has to be that tall to transmit over the library," explained Christensen. They have their own generator, too, should it be needed.

'Smart' electronics control lighting and the building is protected by an advanced alarm system. The sophisticated electronics and communications have necessitated the installation of a new transformer.

The complex features a large conference room, which can be

divided as necessary to create a smaller interview room. The room is designed with multiple phone lines to serve as a phone bank when needed.

... continued on next page

PATRICIA & ASHLEY BATTERSBY

45+ Years Combined Listing & Selling Experience

Patty: (925) 330-6663 Ashley: (925) 323-9955
 pb@patriciabattersby.com ashley@ashleybattersby.com
 BRE: 00854469 & 01407784
 www.ashleybattersby.com

  follow us @ashleybattersbyhome.com

Experience & Results Count! 2017 Sales


3702 Happy Valley Rd
Represented Seller


4122 Canyon Rd
Represented Seller


1205 Monticello Rd
Represented Seller


10 Tarry Ln
Represented Seller


1120 Upper Happy Valley
Represented Buyer


1200 Glen Rd
Represented Seller


361 Shady Glen Rd
Represented Seller


549 Arrowhead Dr
Represented Buyer


452 Tahos Rd
Represented Seller


185 Willowbrook
Represented Buyer


18 Toledo Ct
Represented Seller


196 Willowbrook
Represented Buyer


243 Ivy Pl
Represented Buyer


22 Ivy Dr
Represented Seller


881 Mountain View Dr
Represented Seller


1044 Dolores Dr
Represented Buyer

Selling Your Home in 2018

Due to anticipated low inventory levels, 2018 is a beneficial time to list/sell homes in our area. Proper preparation is crucial for the best price!

We can be of great assistance in helping you prepare your home for sale... maintenance issues, prudent property improvements and great staging ideas to make your home more marketable. We will be pleased to show you how 45+ years of experience of successful listing/selling homes in our area can bring you great results!

LAFAYETTE			
Single-Family Detached	2016	2017	+ / -
New Listings	340	381	12.10%
Pending Sales	254	317	24.80%
Closed Sales	263	313	19%
Days on Market	29	24	-17.20%
Median Sales Price	\$1,350,000	\$1,475,000	9.30%
Average Sales Price	\$1,506,811	\$1,630,761	8.20%
% Original List Price Received	102.5	103.4	0.90%
Inventory of Homes for Sale	428	404	-5.60%

Nominations are open for the 2018 Lafayette Citizen of the Year

Do you have a person in mind for this year's nomination?

Criteria are as follows:

- Must be a current Lafayette resident;
- Must be someone who has given of their time, money or energy to help make Lafayette a healthy community, where people will want to live, work and shop;
- Must be someone who models excellence in everything they do;
- Must be someone who brings this community together and/or makes us proud to be a member of the community.

A celebration dinner will be held on Friday, March 23 at the Lafayette Park Hotel & Spa to honor the winner! The deadline for submitting nominations is at 1 p.m. Thursday, Feb. 15.

Nominations can be sent to nominations@lamorindaweekly.com or jay@lafayettechamber.org.

A familiar face returns to Acalanes Board of Governors

By Pippa Fisher



Richard Whitmore Photo provided

Back again after a break of only just over a year, Richard Whitmore has been appointed to the Acalanes Union High School District board, to fill the vacancy created by the recent resignation of Craig Cheslog. His term will run until the next regularly scheduled election in November.

The board voted unanimously to appoint Whitmore at the Jan. 11 special meeting. Board President Bob Hockett said that Whitmore was selected from a very impressive field of 10 applicants, down from 14 initially.

Whitmore is no stranger to the board, having recently completed

14 years serving from 2002 until 2016. He also volunteered during that time as a board member and is a past president of Lafayette Partners in Education.

Whitmore lives with his wife in Lafayette. Their three children all went through Lafayette schools. He is a Stanford graduate who went to Harvard University to earn an MBA.

Whitmore works as the chief administrative officer of West Ed, a nonprofit educational research and development agency. He previously served as the deputy superintendent at the California Department of Education and as the superintendent of the Los Gatos Union School District.

When his term expires in November, Whitmore says currently he has no plans to run again.

"I'm very happy to be rejoining some very talented colleagues on the board and always happy to be working to keep our local schools among the best anywhere," says Whitmore.

Lafayette school board starts search for new superintendent

By Pippa Fisher

Lafayette has set in motion its process for finding a replacement for School Superintendent Rachel Zinn, following her announcement that she will retire at the end of August.

According to Lafayette School District Board President Teresa Geringer the board has sent request for proposals to firms that do superintendent searches with a deadline to respond by the end of the month.

The board will then review all proposals, interview three or four firms and select one at an upcoming open session board meeting. The trustees are working to get this public meeting scheduled and hope to announce it to the community by mid-February.

Once the search firm is selected Geringer says that the board and

search firm will present a plan for parent and public input.

Geringer made it very clear that Zinn has the complete support of the entire school board.

"Rachel is a great instructional leader who has led the Lafayette School District for 12 years both as assistant superintendent of curriculum and instruction and as superintendent for the last five years. She has committed to continue to give 150 percent through the end of the school year or until we find her replacement."

Zinn made the point herself in her note to the community. "We have many months left together, so please know that I will make the most of every minute of this time and will do everything possible to insure a very smooth, seamless transition."

Police headquarters

... continued from page A2

Behind the reception area are individual offices for administration, detectives, traffic works and youth officers as well as a completely secure evidence room and a communal workspace.

For the first time the men and women who work there will have their own separate locker rooms complete with showers. There is also a communal living area, with a kitchen including stove, refrigerator and sink – a big improvement over the old location, where officers rinsed out their dishes in the one bathroom sink, shared by all staff. To cope with the increased facilities, work has had to include completely redoing the sewage system.

Out back is a secure lot with enough space created partly by the installation of six car stackers, for their 10 patrol cars, six motorcycles, three parking enforcement vehicles and three large police trailers.

Although the landscaping will not be complete by the time the department moves in, residents

can expect to see turf and decorative boulders. "And a park bench," added Christensen. A flagpole has already been installed.

The total cost according to City Manager Steve Falk will be \$2.3 million, including architecture, engineering, construction, management and contingencies.

"It will be a state-of-the-art facility," Falk notes, "with modern technology and creature comforts, which will serve the officers well. And while the conversion costs money up front, the building will save money over the long run. So, all in all, this is a big step forward for the city."

Christensen really likes the location, with its easy access to the freeway and its high visibility.

Surges-Moscato says she is grateful to the city manager, city council and the chief for making this happen. "It will be so nice to be in a location where citizens can find us. The building will give all of us tools to do a better job."

Spring is Coming to Lamorinda!

Coming Soon!



53 Merrill Circle North, Moraga
Gorgeous estate property in Sanders Ranch! Over 4660 sqft, 4 Br, 4.5 Ba plus office. Great for entertaining!
\$2,355,000 www.53MerrillDr.com

Pending with 8 Offers!



28 Sullivan Drive, Moraga
Wonderful updated 2781 sqft home with pool. The spring market is already in full bloom. Call us for info & details.
\$1,650,000 www.28SullivanDr.com

Development Property!



1161 Larch Avenue, Moraga
Great opportunity for a 24.6 acre former clubsite. 4 lot subdivision or private estate are possible for this property.
\$2,200,000 www.1161LarchAvenue.com

Just Sold!



1873 St. Andrews Drive, Moraga
Unbelievable views of golf course. Expanded Wimbledon, 2883 sqft. Call us if you are considering a move!
\$1,537,500 www.Orinda.com



ELENA HOOD
REAL ESTATE GROUP
925 254-3030 www.Orinda.com
Lafayette • Moraga • Orinda

2017 People Love Us on Yelp Award
COLDWELL BANKER RESIDENTIAL BROKERAGE
Cal BRE 1221247

©2018 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC, Coldwell Banker Residential Brokerage or NRT LLC. CA BRE License #01908264.

We've helped our clients find their perfect home...



1042 Leland Drive, Lafayette Sold | Represented Buyer

What our Clients Are Saying About us!

"We just wanted to thank you so much for all of the work you did to ensure the purchase of our house. We appreciated your prompt communications with the lenders and the listing agent when we had a unexpected delay, as well as your efforts to make everything go smoothly. It was a pleasure to work with you."
-Diane and Hyunil Jo

"Amy and Christine made house hunting really very easy for us, especially considering all the stories you hear about how stressful and time consuming it can be. They were with us at every step in the process, helping us clearly understand all nuances to make the best decisions."
-Rahul and Aishwarya



3469 Monroe Avenue, Lafayette Sold | Represented Buyer

Would you like to be our next happy client? Call us to find out about the latest listings and off market opportunities!



PRICE GALLEGOS GROUP

Amy S. Price & Christine Gallegos

925 997 6808 | 415 606 2047
pricegallegos.com
amy.price@pacunion.com
christine.gallegos@pacunion.com
License # 01433269 | 01896511

PACIFIC UNION
INTERNATIONAL
License # 0186677



Moraga

Public Meetings

City Council

Wednesday, Jan. 24, 7 p.m.
 Wednesday, Feb. 14, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission

Monday, Feb. 5, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Design Review

Monday, Feb. 12, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

School Board Meetings

Moraga School District
 Thursday, Feb. 13, 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 Report



Summary covers Jan. 9 to Jan. 14

- Alarms 4
- Traffic 31
- Suspicious Circumstances 3
- Suspicious Subject 1
- Suspicious Vehicle 0
- Service To Citizen 10
- Patrol Request 3
- Noise Complain 8
- Beat Info
- 200 Block Calle La Montana
- Coroners Case
- 700 Block Crossbrook Dr.
- 1100 Block Cedarwood Dr.
- Court
- Martinez Court
- Excessive Speed
- 24-Hour Fitness
- Identity Theft
- Police Department
- Mentally Ill Commit
- Moraga Rd./Campolindo Dr.
- Other Infraction
- 3800 Block Campolindo Dr.
- Petty Theft
- 600 Block Augusta Dr.
- 30 Block Miramonte Dr.
- 300 Block Glen Alpine Safeway (2)
- Public Assembly Check
- Round Table
- Rheem Valley Shopping Center (3)
- Reckless Driving
- 1000 Block Larch Ave.
- Supplemental Report
- Police Department (2)
- 100 Block Brookline
- 300 Block Corte Gabriel
- Vandalism
- 20 Block Echo Hill Ln.
- Safeway



Thank you for recycling this paper. It is printed on at least 50% recycled material and vegetable based ink and should be recycled again.

JIM COLHOUN PRESENTS...

2553 APPALOOSA COURT, WALNUT CREEK



LIVORNA ESTATES BEAUTY

FIRST OPEN SATURDAY & SUNDAY, JANUARY 27 & 28 1-4 PM

SINGLE-LEVEL 4BR/3BA HOME ON CUL-DE-SAC. FULLY UPDATED WITH SPECTACULAR KITCHEN AND HUGE BACK YARD ON .32 ACRE LEVEL LOT. TOP-RATED ALAMO SCHOOLS.

OFFERED AT \$1,325,000



925.200.2795 DRE# 01029160 jim@apr.com jimcolhoun.com

EXPERT KNOWLEDGE ... EXCEPTIONAL SERVICE ... JIM COLHOUN

Viva Moraga: A movement for Moraga economic development

By Sophie Braccini



Stefani Gray talks about Viva Moraga

Photo Rob Lucacher

Viva Moraga is a new citizen-led group that wants to support the town's economic vitality using a constructive attitude. Started a few months ago by Stefani Gray, Viva Moraga recently held a meeting with about 30 residents of all ages and perspectives to discuss possible actions. The group seeks to inform, educate, support and create a positive cli-

mate to encourage more services and amenities to set up shop in Moraga. About a year ago Gray met with Edy Schwartz, former president of the Chamber of Commerce and 2010 Citizen of the Year, to discuss the future of the town where they both reside. Gray is a friend of Schwartz's daughter, who moved with her

young family to the town a few years ago. She says that she and her friends, new homeowners in town, feel that they have invested in expensive homes but do not find the commercial services and amenities they seek in town.

Passing along her passion for civic action to the young woman, Schwartz urged Gray to work toward affecting the changes she wants. This led to Gray's creation of Viva Moraga.

Gray also met with members of the Orinda group What's Up Downtown, which has similar objectives for Orinda and was instrumental in bringing food trucks to the city on Thursday nights to create more fun community spirit downtown.

Maura Wolf, who teaches at Saint Mary's College and lives in Moraga, supports Gray and came to facilitate the Jan. 16 meeting held at the Moraga Country Club.

She says that Viva Moraga would like to see more citizen involvement in supporting Moraga's commercial development.

In her introductory presentation, Gray insisted on the importance of education for the residents who want to get involved. She said that many want more development and to create a shared vision of the town. Residents want more restaurants, more retail options, family-friendly entertainment and a stronger connection between the town and Saint Mary's College. Gray lived in Boulder, Colorado, and would want a similar dynamic and vibrancy in Moraga.

Gray expressed her optimism for the future of the town, recognizing that many things have been started and developed by motivated Moraga residents in the areas of sports, schools, or recreation.

... continued on next page

Masked gunman robs Moraga Safeway

By Nick Marnell

Moraga police responded to an armed robbery the evening of Jan. 18 at the Moraga Safeway.

According to Lt. Brian South of the Moraga Police Department, an armed suspect entered the store at 7:53 p.m., pointed a handgun at a clerk at one of the middle checkstands, demanded money and grabbed the register drawer. The suspect, described as a male in his mid-20s, approximately 5 feet 11 inches tall and wearing a ski mask and dark clothing, ran out of the

building into a silver vehicle. He escaped with more than \$500. No one was hurt during the incident.

The silver vehicle was seen heading toward Orinda on Moraga Way, but South said police received no reports from either the Lafayette or Orinda Safeway, and the Moraga robbery was under investigation as an isolated incident.

Moraga police officers attended a retirement dinner for former Town Manager and Chief of Police Bob Priebe on Jan. 18 at the

Moraga Country Club, but South said that the staffing of uniformed officers in town that evening was normal.

Neither management at the Moraga Safeway nor officials at the Safeway corporate office would comment about the robbery. "We are working closely with the Moraga Police Department and providing whatever information we can to help in their investigation," said Wendy Gutshall, director of public and government affairs for Safe-

way Northern California.

The robbery comes three days after Moraga police and firefighters from the Moraga-Orinda Fire District found two men dead in a trailer lot near the Moraga Ranch House. "There is no evidence of foul play," South said. The police await results from a toxicology report in order to determine the cause of the deaths, which South said could take up to eight weeks. South said that all aspects of the incident are under investigation.

Final decision by planning commission about commercial winery regulation falters

By Sophie Braccini

It has been over five years since staff and volunteers started working on a commercial winery regulation. A paid consultant was hired, numerous public meetings followed several study sessions, and it looked as if the planning commission would finally be able to make a recommendation at its Jan. 16 meeting, but this was a false expectation. During the long and often frustrating meeting, the commissioners questioned even basic elements of the project, such as the legality of ruling wineries in an agricultural district. The town council must now decide on next steps.

Over the past five years planning directors have changed, commissioners have been replaced, and there are new council members. Each time the topic of winery regulation returns for study, the new members must be educated by staff and the paid consultant, and stakeholders have to come back repeatedly to re-explain the same things. And there is only one active commercial winery in Moraga.

The commissioners are now asking the council members if the new regulation should apply to all home occupation activities, not just wineries; they want to know if regulating an agricultural use in an agricultural district is permitted; they are asking if it would not be a better idea to require commercial winemakers to get a special permit, case by case, to operate a commercial winemaking facility, rather than drafting pages of regulations when the activity is so small in Moraga.

... continued on page A11

Local Knowledge | Extraordinary Results

Concierge Real Estate Services


- ✓ Combined 40+ years of unparalleled service
- ✓ Representing buyers & sellers in Lamorinda
- ✓ Trend setting marketing customized for each home
- ✓ Committed to helping you achieve your goals



Bernie & Ryerson Team

Are you considering selling your home?

If so, please give us a call for assistance. We would be happy to provide you with a complimentary market analysis of your home's value, as well as a comprehensive marketing plan detailing how to get you the highest sale price in today's market!




Bernie & Ryerson Team
 925 200 2222 or 925 878 9685
 gabernie@pacunion.com
 ken.ryerson@pacunion.com
 License # 00686144 | 01418309

PACIFIC UNION INTERNATIONAL
 License # 01866771

IT'S APRIL IN LAMORINDA FOR REAL ESTATE



Consistently Representing Buyers and Sellers in Successful Transactions

Buy • Sell • Live • Lamorinda

925-253-2147

aprilmat@comcast.net

CalBRE#01221153

93 Moraga Way, #103, Orinda



Giving Dreams an Address

April Matthews www.villageassociates.com • www.dreamhomelamorinda.com

All-Access Playground Ribbon Cutting Sun., 1/28 2:00 pm – Moraga Commons Park



MORAGA PARKS & RECREATION
925-888-7045 • www.moragarec.com

Viva Moraga: ... continued from page A4

Groups were formed to discuss different topics, including attracting new businesses; discussing a shared town center vision; communication channels and promotion; educating residents and promoting engagement; and creating a broader vision for the town.

Gray felt very hopeful after the meeting. She noted that younger and older residents came to the meeting, elected officials and large property owners, as well as ordinary citizens. News was shared of new businesses getting ready to open in town: a brewery at the corner of Canyon and Country Club Drive and Joy in Motion, Justin Cole's dance school, which will be opening a studio where the old post office was located on School Street.

Viva Moraga's founder said that she would convene with a small group of people including Ron Haas, Moraga Country Club's general manager and Maura Wolf, to define the goal and big picture for Viva Moraga. A next meeting is scheduled for Feb. 13 during the day, to accommodate parents unavailable at night. Other evening meetings will also be proposed. To follow the group's progress, connect to its Facebook page: www.facebook.com/vivamoraga/.

Susan and Sal Captain, Moraga's Business Persons of the Year

By Sophie Braccini



Captain Vineyards receive the EPA CoolCal Award. Picture provided

Winemaking in Moraga is still a marginal activity, with Captain Vineyards being the only operational commercial winery in Moraga with a production under 300 cases a year, but the activity adds to the town's character and fits the semirural and sophisticated image it wants to project. The performance and passion of owners Sal and Susan Captain, who were chosen this year as Moraga's Business Persons of the Year by the Chamber of Commerce, have made their boutique winery a green leader in the county and state that is recognized with this distinction.

Captain Vineyards' wine is sold only at the property. Susan and Sal Captain planted their first vine 12 years ago and became state certified commercial winemakers in 2010. After a corporate career, they studied at UC Davis, Diablo Valley College, and in Napa to learn about soil management, plant management, green practices, and the art of winemaking. Their objective continues to be creating an organic and dry farmed vineyard that produces the highest quality wine possible.

Moraga Chamber president Bob Fritzky notes that the Captains were selected not only for

their long-term contribution to the business community, but for their impact as educators – Susan Captain conducts several winemaking classes each year – and for how well they represent Moraga at the county and state level with the numerous and recurrent distinctions they have received for their green and water saving practices.

The California Environmental Protection Agency recently invited Captain Vineyards to compete for a CoolCal award and it was selected in the small business category. The site published their story stating, "Captain Vineyards embodies sustainability through its initiatives and inspires viticulturists and visitors alike to conserve natural resources in their business operations and lifestyles."

The Captains were involved in the creation of the Lamorinda Winegrowers Association and in the multiyear research and documentation process that led the state to recognize Lamorinda as a distinctive American Viticultural Area.

Their home and winery are located in Moraga's Bluffs area, on 2.5-acres of open space overlooking a large expanse of rolling hills. They have planted 3,500 vines and the wine production varies every year. In 2017 they bottled about 250 cases of wine from the previous

years' production that had patiently been waiting in barrels stored in the wine cellar excavated in the rock underneath their home. Depending on the variety, the wine has to vinify in barrels from two to five years.

Captain explains that the volume of grapes they produce varies with the years and tends to decrease due to weather changes and their practice of dry farming. The 2013 production was 27,000 pounds of grapes, and in 2015 only 7,000 pounds. Sal explains that the changes create a wine that is gaining in intensity, color, flavor and alcohol content. The couple confirms that they limit their production by not buying grapes outside of Lamorinda, and working almost exclusively with producers that use the same pesticide-free and dry farming methods.

The comments left by people who have visited the winery are extremely positive, including a 100 percent five star on Yelp.com regarding the quality of the wine as well as the Captains' hospitality and desire to educate their visitors.

For more information about the Captains, visit www.captainvineyards.com. For information about the Feb. 21 Business Person of the Year award dinner at the Moraga Country Club, visit moragachamber.org.

THE ADDRESS IS LAMORINDA THE EXPERIENCE IS ALAIN PINEL



LAFAYETTE \$2,995,000

165 Arbor View Lane | 6bd/5.5ba
Karen Richardson Group | 925.639.3904
License # 01407557



MORAGA \$1,700,000

1206 Rimer Drive | 4bd/3ba
Lori Legler | 925.286.1244
License # 00805132



ORINDA \$1,625,000

9 Park Lane | 4bd/3ba
Lori Legler | 925.286.1244
License # 00805132



WALNUT CREEK \$1,325,000

2553 Appaloosa Court | 4bd/3ba
Jim Colhoun | 925.200.2795
License # 01029160



LAFAYETTE \$1,200,000

1020 Dyer Drive | 3bd/2ba
B. Leone/C. Hata | 925.260.7877
License # 00704067 | 01389346



WALNUT CREEK \$540,000

207 Charter Oak Circle | 2bd/2ba
B. Leone/C. Hata | 925.260.7877
License # 00704067 | 01389346

APR.COM

Over 30 Real Estate Offices Serving The Bay Area Including Orinda 925.258.1111



Square footage, acreage, and other information herein, has been received from one or more of a variety of different sources. This information has not been verified by Alain Pinel Realtors®. If important to buyers, buyers should conduct their own investigation.



Public Meetings

City Council

Thursday, Jan. 25, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Planning Commission

Tuesday, Jan. 30, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Citizens' Infrastructure Oversight Commission

Wednesday, Feb. 14, 6:30 p.m.
Sarge Littlehale Community Room,
22 Orinda Way, Orinda, CA 94563

School Board Meetings

Orinda Union School District
Monday, Feb. 12, 6 p.m.
Regular Board Meeting
8 Altarinda Rd., Orinda
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 Dec. 24 to Dec. 30

Alarms	17
911 Calls (includes hang-ups)	4
Traffic	43
Suspicious Circumstances	3
Suspicious Subjects	4
Suspicious Vehicles	3
Patrol Request	9
Security Check	13
Service To Citizen	25
Supplemental Report	5
Accident Injury	
Camino Pablo/Bart Track	
Accident Property	
Del Rey School	
Civil	
30 Block El Toyonal	
10 Block Camino Lenada	
30 Block El Toyonal (2)	
20 Block Monte Vista Rd.	
Commercial Burglary	
20 Block Bryant Way	
Court Martinez	
Superior Court, Martinez	
Death Non Criminal	
100 Block Ravenhill Rd.	
10 Block Via Floreado	
Dui Misd	
Mt Diablo Blvd./Acalanes Rd.	
Found Property	
10 Block Camino Lenada	
Grand Theft	
Casa Orinda Restaurant	
Harassment	
50 Block Monte Vista Rd.	
Identity Theft	
Police Department	
Loitering	
200 Block Brookwood Rd.	
Occupied Stalled Vehicle	
10 Block Berrybrook Hollow	
Ordinance Violation	
30 Block Vista Del Orinda	
30 Block Vista Del Orinda	
Other Misdemeanor	
Rite Aid	
Reckless Driving	
Camino Pablo/Wb Sr 24	
School Assembly Check	
Miramonte High School (2)	
Shoplift	
Safeway	
Supplemental Report	
10 Block El Camino Moraga	
20 Block Moraga Via	
Traffic Hazard	
Moraga Way/El Camino Moraga	
El Camino Moraga/Moraga Way	
90 Block La Espiral	
Bear Creek Rd./Camino Pablo	
Stein Way/Moraga Way	
Warrant Arrest	
Brookwood Rd./Moraga Way	
Welfare Check	
400 Block Moraga Way	
20 Block Irwin Way (2)	

Share your thoughts, insights and opinions with your community. Send a letter to the editor: letters@lamorindaweekly.com

LIVING TRUST

\$695
COMPLETE
Valid until March 7, 2018

Plan Includes:

- Trust Agreement
- Pour Over Will
- Guardianship of Minor Children
- Power of Attorney for Finance
- Community Property Agreement
- Transfer of Real Property into Trust

Advanced Medical Directives, Including:

- Power of Attorney for Health Care
- Living Will
- HIPAA

FREE INITIAL CONSULTATION

Notary Services Included!

Law Offices of
Lauren Smykowski

(925) 257-4277
www.smykowskilaw.com
laurensmy@gmail.com

Office Located in Walnut Creek

Delay preferred to residential encroachment for major road repairs

By Sora O'Doherty



Severe backups plagued Orchard Road last August during EBMUD road repairs and a resulting detour. Photo Sora O'Doherty

Choosing between the evils associated with repair work on major roads, the Orinda City Council at its Jan. 16 meeting rejected detours onto residential streets and limiting roadwork to nighttime hours in favor of longer delays for motorists instead. Major road repairs have occurred several times over the past five years, but last August's project by the East Bay Municipal Utility District that sent thousands of cars onto quiet Orchard Road led to repeated protests by residents. Council members who visited the site during the detour expressed concern about the conditions, and were grateful that there was no resulting serious damage.

Orinda currently lacks a policy dealing with lane closures on major public roads and staff sought input from the council on four alternatives: continuing to allow the director of public works to decide lane closure hours and traffic management on a case-by-case basis; adopting a city policy to require all lane closures to be limited to midday and weekend hours, which would cause delays of up to 20 minutes per one-way trip; requiring all work to be performed at night and/or on weekends; or while not specifically detouring traffic, to specifically not cause detours through residential streets.

Safety was the council's primary concern, and the number of cars that would be diverted onto residential streets, and the speed at which such cars travel, raise significant safety concerns. Similarly, working at night increases the possibility of industrial accidents, as well as raising issues of excessive noise and light in the areas adjacent to the work. Tom Guarino from PG&E and Emily Barnett of Contra Costa Central Sanitary District attested to the fact that night work causes increased costs, which then must be passed through to consumers. Additionally, Barnett pointed out that it is very difficult to get asphalt and concrete delivered at night. No one from EBMUD, which was responsible for the work last August, attended the meeting.

Nevertheless, the council acknowledged that each situation is different, and there needs to be flexibility in dealing with each case individually. Vice Mayor Inga Miller pointed out that people who live on major roads already suffer with traffic and noise during the day, and thought it would be unfair to impose night work on them. Council Member Darlene Gee characterized what happened last year on Orchard Road as a travesty

and Council Member Dean Orr said no one wants a repeat performance. Mayor Amy Worth said that the utilities must provide resources for enforcement of traffic controls and Director of Public Works Larry Thies suggested that the city should consider imposing penalties, short of pulling encroachment permits, for violations. Council Member Eve Phillips raised concerns about how to prevent motorists from diverting onto residential streets in the absence of official detours. Everyone agreed that better communications prior to and during repairs are essential, including notification to residents along the road and signage alerting vehicles using the road to upcoming roadwork.

Staff will return to the council with a proposed policy in the future, and it was clarified that such a policy will not affect emergency road repairs.



65 Moraga Way, Orinda, CA
925-258-4200



699 Columbus Ave, SE CA
415-397-7355



We offer both a relaxed atmosphere and a sports bar, something for families, couples, students and seniors. On the menu you'll see many of Roman Italian specialties, from the classic bruschetta made with melted fontina cheese and sauteed mushrooms to mista and arugula salads, an array of wood-fired pizzas and paninis, and no shortage of primis and seconds. The restaurant has full bar and a generous wine list.

Find Us On   

www.tavernapellegriani.com • www.pizzapellegriani.com

Orinda authorizes grant application for crosswalk at Moraga Way and Brookside

By Sora O'Doherty



Image provided

The Orinda City Council took staff's recommendation at the Jan. 16 meeting to authorize a grant application for a non-signalized crosswalk at Moraga Way and Brookside Drive, although the Transportation Safety Advisory Committee recommended a different project. The application is for a Metropolitan Transportation Commission grant program intended to increase the safety and efficiency of bicycle and pedestrian traffic. Residents of Wilder have requested the proposed crosswalk; Wilder is accessible by foot from Brookside Drive, which runs alongside McDonnell Nursery. Moreover, there is a County Connection bus stop on either side of Moraga Way at the

Brookside intersection. TSAC had recommended improvements to an existing crosswalk near Wagner Ranch, but the council agreed with staff that a new project would be more likely to win the grant than merely improving an existing project. The MTC grants vary, but generally most of the grants range between \$25,000 and \$150,000. The Brookside crosswalk is estimated to cost \$64,000. Council members expressed some concern about the location of the crosswalk in proximity to a curve on Moraga Way, and suggested evaluating the possibility of moving it slightly to provide more safety.

POETRY

UNCERTAIN FUTURE

by Leon Volan

Resident of The Heritage Downtown

This poem I think you will find
Is unlike any other kind
It's only now that there could be
VIRTUAL TECHNOLOGY.
And tiny chips of SILICON
Which turn computers off and on.
CLOUD STORAGE now is a new way
To saving "who knows what" today.
And coming, perhaps SUPERFICIAL
INTELLIGENCE that's ARTIFICIAL.
But understanding GIGABYTES
No poet thinks about - or writes.
The fact is that the world has changed
And every thing's been rearranged.
An UNCERTAIN FUTURES CROWNING FEAT
Mightwell make HUMANS OSOLETE.
P.S.

There's more we can't ignore-
Smart watches - clones - Weird flying drones.
What else is ours? Selfdriving cars.
Plus robots who electrically become "alive" by battery.
We should be sure to not employ
More science than we can enjoy
To really make living life great
And CAREFULLY CONTROL OUR FATE!

Call 943-7427 Today
for more information or to Schedule a Tour
www.TheHeritageDowntown.com



Rodent Proofing

Learn about Honest Rodent Proofing's industry-leading 4-step process to get rid of rats, mice and other rodents.

GUARANTEED

FREE In-Home Inspection,
Mention Lamorinda Weekly for a 10% discount

Call 925-433-3988

www.honestrodentproofing.com
Servicing the Bay Area to Sacramento



Are you planning to sell a home in 2018?

Home demand remains high, inventory is tight. The new tax law impacts many buyers, so planning and execution will be critical to maximizing your return. If you are considering selling or buying, then it's time to strategize - call me!

Integrity ♦ *Knowledge* ♦ *Results*



Frank Woodward

Realtor®, Luxury Property Specialist
T. 925.788.4963
E. Frank@FrankWoodward.com



©2018 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC. Coldwell Banker Residential Brokerage or NRT LLC. CalBRE License #01908304.

Popular Art in Public Places program receives praise

By Sora O'Doherty



Pieces displayed throughout Orinda as part of the Art in Public Places program. Photos Sora O'Doherty

It was pretty much a love fest when the Art in Public Places Committee presented an update to the Orinda city council at its Jan. 16 meeting. All the council mem-

bers were very enthusiastic about the 10-year-old Art in Public Places program, and highly complementary to the APPC, which donates its time and expertise to the program.

The only slight ripple came from Council Member Dean Orr who expressed some concern about the city owning some of the art, instead of displaying it on loan. However,

even this was met with enthusiasm. If the city decides not to own the art, the committee will gladly sell it again, according to APPC Chair Rich Thompson.

Orr praised the program as "clearly one of the most recognized programs we have in the city."

"You all do fantastic work," he said, adding that he appreciated the wit, for example, of the wrenches artwork displayed in front of Mechanics Bank. Council Member Darlene Gee said the program is beautiful, a lovely asset. Council Member Eve Phillips described Orinda as fortunate to have such enthusiastic volunteers, but agreed with Orr on the ownership ver-

sus loan issue, while Vice Mayor Inga Miller praised the seamlessness of the artwork, and noted that the APPC "make it look simple." Mayor Amy Worth concurred with the thanks to the committee, and said that the city had to make sure that there is a funding source for the program.

In the staff report submitted by City Manager Steve Salomon, he noted that committee members meet monthly and also spend much of their personal time seeking new artists, visiting other venues, and orchestrating the installation and removal of the artwork.

... continued on page A11

Bigbelly trash, recycling program approved

By Sora O'Doherty

The Orinda City Council decided on Jan. 16 to go ahead with a five-year lease agreement to replace standard trash and recycling cans on city property with Bigbelly Smart Waste and Recycling receptacles. The solar powered receptacles have much greater capacity than standard cans, resulting in

fewer of them needed, going from a total of 126 traditional bins to 49 Bigbelly bins throughout Orinda (see table).

The Bigbelly system consists of the closed receptacles and a computer application. The units communicate information to the application, which can be accessed

by staff who can determine what attention each unit requires. This is expected to lower costs overall. Staff estimates savings to the city of \$40,000 per year. The program will be funded by a one-time grant from the Recycle Smart JPA of \$599,687, and will not come out of the city's general fund.

Area	Traditional Bins	Bigbelly Double Stations
Orinda Sports Field	8	3
Orinda Oaks & Donald Drive	9	6
Wilder Sports Complex	23	14
Community Park, Plaza & City Hall	38	11
Pine Grove	12	4
Downtown Orinda	36	11
Total Bin Locations	126	49

COLDWELL BANKER



Burlingame | \$2,495,000
5bd/4ba Burlingame Park home features a two-car garage, hardwood floors and breakfast nook. Also has a junior master, expansive backyard and patio with a fireplace.
Beverly Arnold | Kelly Crawford
925.998.5599 | CalRE #01154860 | 01327015



Moraga | \$1,650,000
Updated home features four bedrooms plus office, three and one-half baths, generous living spaces, a cozy fireplace and outdoor entertaining with amazing views.
Elena Hood 925.254.3030
elena@orinda.com | CalRE #01221247



Where conversations are shared and culinary masterpieces are created.

This is home, and it starts with Coldwell Banker®.

COLDWELLBANKERHOMES.COM

The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2018 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Owned by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC. 188872SF_10/17 CalRE License #01908304.





Fire Districts

Public Meetings

Moraga-Orinda Fire District

Board of Directors
Wednesday, Feb. 7, 7 p.m.
Go to the website for meeting location, times and agendas. Visit www.mofd.org

ConFire Board of Directors

Tuesday, Feb. 13, 1:30 p.m.
Board Chamber room 107,
Administration Building,
651 Pine St., Martinez
For meeting times and agendas,
visit <http://alturl.com/5p9pu>.

Share your thoughts, insights and opinions with your community. Send a letter to the editor:
letters@lamorinda-weekly.com

- ◆ HARDWOODS
- ◆ CARPETS
- ◆ RUGS
- ◆ LINOLEUM
- ◆ TILE
- ◆ LAMINATE

FAMILY -OWNED
30 YEARS !

3344 Mt Diablo Blvd
in Lafayette
925-284-4440
lamorindafloors.com

LAMORINDA
FLOORS
Kamstait GALLERY

Firefighters: North Bay fire could happen in Orinda

By Nick Marnell



A police officer looks on as firefighters sift through the rubble of his destroyed North Bay home. Photo provided

A team from the Moraga-Orinda Fire District responded to the Tubbs Fire in the North Bay in October, but what struck the firefighters about the incident was not only the amount of devastation but the parallel to their own district's topography and demographics.

With the perfect storm alignment of high temperatures, high winds and low humidity, and a Red Flag warning issued by the National Weather Service, MOFD prepared for heightened activity Oct 8. "Of 14 calls that day on Engine 145, only one was a medical emergency," said Capt. Mike Lacy.

Near midnight, crews responded to a 2-acre fire near the Lafayette Reservoir. One hour later, a small vegetation fire ignited along

Monterey Terrace in Orinda. A 5-acre vegetation fire atop Tilden Park, near the golf course, erupted around 2:30 a.m. and took three hours to contain.

Early in the afternoon of Oct. 9 came the state mutual aid request to the North Bay and the raging Tubbs Fire. MOFD personnel joined a strike team from Santa Clara, arrived at the Sonoma County Fairgrounds and were assigned to the Fountaingrove and Wallace Road neighborhoods of Santa Rosa.

It was too late for fire suppression. "Where could we make the most impact in an area that was not burning?" Lacy said was the goal of the responders. "We tried to do more than just fight fire. We tried to restore a new normal for the peo-

ple."

The crew sorted through ashes looking for a wedding ring. Firefighters saved a baby calf and fed cows for a rancher. A police officer returned to his destroyed home, and firefighters sifted through the rubble to find his safe – a large, expensive safe, expected to survive anything. But nothing inside survived. The officer's guns and all of his paperwork were gone. "Complete and utter destruction, within the indestructible," Lacy said. "The fire showed no concern for anybody."

Twenty-two died and 5,500 structures were lost, including more than 4,600 homes, in the most destructive wildfire in California history. "It took everything in its way, including large shopping

complexes. And a fire station," Lacy said.

Though the MOFD personnel worked 72 consecutive hours upon arrival and then 24 on, 24 off for 12 days, Lacy said the fire was more emotionally draining than physically.

"The community interacted with us so closely," Lacy said. "Can you see if my kid's shoes made it? But we knew the shoes didn't make it. Nothing made it. There was nothing our team could do to stop this fire. It was bigger than all of us."

Lacy explained that being defeated by a fire is contrary to everything that firefighters stand for. "We do everything that we can, and it still beats us? That impact is heavy. It stays with us for a long time."

The Tubbs Fire destroyed 57.5 square miles and more than 36,000 acres; MOFD covers 63.5 square miles and more than 40,000 acres. Lacy said that the Fountaingrove neighborhood reminded him of Wilder, and the Wallace Road area reminded him of Orinda Downs, with an even higher vegetation density in Orinda than in the North Bay.

The district benefitted from the exposure, the experience and the training, Lacy told the MOFD board Jan. 17, and the knowledge attained from working the Tubbs Fire will enhance community risk reduction.

Lacy closed with an ominous admonition. "This fire has a very real potential to occur in our district," he said.

Lafayette delay equals Walnut Creek gain

By Nick Marnell

Because of delays in the completion of Lafayette Fire Station 16, the Contra Costa County Fire Protection District plans to shift the nine positions it had budgeted for Lafayette to staff an additional engine company in Walnut Creek at Fire Station 1. The Walnut Creek engine company was destaffed in 2011 amidst budget cuts due to the Great Recession.

The reopening of Station 16 was originally scheduled for this March, but the construction will not be completed until March 2019. The staffing for the rebuilt station was to have come from Academy 51, comprising 25 recruits who are

scheduled to graduate Feb. 23.

"So now, the Academy will staff an additional company at Station 1 in Walnut Creek," Fire Chief Jeff Carman told his board Jan. 16. A ConFire engine company consists of a captain, engineer and a firefighter, one of whom must be a licensed paramedic. The nine positions cover three rotating shifts. The nine additional personnel for Station 1 will come from within the ConFire ranks, via promotions or reassignments; the 25 recruits will become probationary firefighters assigned to regular companies throughout the district.

The chief said he uses 10 daily

calls as a benchmark for the addition of an engine company and according to the latest published district records, Station 1 responded to 10.23 calls per day in October.

Carman warned the board that the additional staffing at Walnut Creek would put pressure on next year's district budget. The estimated cost of the additional staffing is \$688,000 for the four remaining months of this fiscal year and \$2.1 million for 2018-19. But the chief added that, should finances preclude the addition of personnel in 2019, the engine company will move from Walnut Creek to Lafayette Station 16 once it opens.

The addition of the engine company will increase the fire and emergency medical response capacity for Walnut Creek and the surrounding cities and communities, including Lafayette. According to Assistant Fire Chief Ed Gonzales, Fire Station 1 provides coverage into the Lafayette area when stations 15 and 17 are on calls. ConFire Station 3 on Rossmoor Parkway also provides backup coverage into Lafayette, as do Moraga-Orinda Fire District stations 43 and 42.

The district expects to staff the additional Walnut Creek company by mid-March.

ConFire recruits practice rooftop ventilation and fire rescue



Academy 51 recruits train at Station 16 site.

David Zalutskiy's family emigrated from Ukraine when he was a small boy. "We weren't wealthy, we

didn't have a lot of the things other kids had. At Christmas, the fire department came by and gave our family gifts. I thought that was so great. It made me want to become a firefighter." David's brother Valen-

Photo Nick Marnell

ephemeral posts disappeared shortly after being viewed. "Many students called us spoil sports and tattle tales," said Rosenberg. "They felt we were just trying to ruin their good times."

Burciaga was excited that the story brought a lot of attention to the newspaper: "It was cool to see people walking down the hallway reading it."

But while it caused a stir on campus, especially with juniors and seniors, the Blueprint writers hoped to trigger a reaction with local authorities, including the Lafayette police and the City Council. Instead, neither the police nor the

tin is also an Academy 51 recruit.

After three and a half years serving in the Army, in Afghanistan, Rachel Gregory became an emergency medical technician and felt the calling to the fire service. "My family was very close," Gregory said. "What was better for the family always went ahead of what was better for the individual." Along that same line, Daniel Sarrasin said his desire to serve and protect drove him to become a ConFire recruit. "We all have a servant's heart," Sarrasin said.

"I tore both of my ACLs playing ball," said Claire Watkins, who played basketball at Vanderbilt University and became a recruit at the urging of her fiancée. "My recovery taught me to never give up, to push myself to the limits." Watkins said she feels comfortable

... continued from page A1

with the teamwork she sees among the recruits and within the ConFire organization. "And I'll have a great story to tell at the end of my life," she said.

Dave Watson, senior training captain, runs Academy 51. "My supervisors said I needed to start teaching, because ConFire had to fill the brain drain of so many senior people leaving," he said. "I get to take the experience of people who love what they're doing and pass it on to the recruits." And teaching plays a major role in his life. "My mom's a teacher, my wife's a teacher. It all comes naturally, I guess," Watson said.

The neighbors near the fire station needn't have ever worried. Goetsch said that all of the smoke they saw was simulated, like the smoke from a smoke bomb.

Student journalists write about a lot

By John T. Miller

A pair of student journalists at Acalanes High School have opened up a can of, well, worms, with their December issue exposé of after hours drinking in the student parking lot.

The front-page photo of the high school's Blueprint newspaper shows an accumulation of discarded Coors cans in the foreground along with a slew of cigarette butts littering a corner of the lot on a Monday morning.

Juniors Lisi Burciaga and Karen Rosenberg were handed the topic by their journalism teacher Larry Freeman.

"Everyone knew it was going

on, but didn't do anything," said Burciaga. "We knew this as students, but it was unverified."

Rosenberg added, "When we started investigating we thought it was worthy of a story. Writing about it brought awareness to the problem."

According to the two writers, their first concern was with the supposed underage drinking and illicit drug use, but that expanded to the litter being strewn in the parking lot and other issues.

The story came out on the day before Winter Break and caused a widescale flurry on social media, especially on Snapchat, where

council acknowledged their efforts.

Acalanes Principal Travis Bell thought the students did an excellent job with the story, saying, "It's not the kind of thing you want to read about your school or to see beer cans on the cover of the school newspaper, but they're reporting on what they're seeing. I hope it can spark a collaborate effort to fix the problem."

Bell felt the police were doing good work. "They didn't find underage drinking or any evidence of wrongdoing, but it seems like there could be a curfew enforced."

Working with the local authorities and the District's Technology

and Facilities personnel, Bell is hopeful to find out what the police and the school can and cannot do, and what resources are available, whether it be security cameras, posted signs as to what laws can be upheld, or any other solution.

While Burciaga and Rosenberg have drawn praise for the impact of their article, they have not received any reply from the Lafayette Police and the City Council after their attempts to reach them.

Meanwhile the beer cans continue to pile up in the parking lot over the weekends.

Letters to the Editor

Letter from the editor regarding teen column

Over the past several years Lamorinda Weekly has published opinion columns written by local teens about issues they felt would resonate with other teens in the area. Alexandra Reinecke has written for this publication over the past year about subjects including the stress of AP classes, patriotism and about the joys and angst of taking the SAT. On Jan. 10 we published "Cobalt Scraps," in which Reinecke broached the subject of college admissions and how she felt that some students are treated differently in the admissions process. She has since revised her article, which can be found here on the Lamorinda Weekly website (www.lamorindaweekly.com/archive/issue1123/Cobalt-Scraps.html), and has written a Letter to the Editor regarding her original column below.

Jennifer Wake
Editor

A note from the author

In drafting, "Cobalt Scraps," the opinion piece that was originally published on Jan. 10, I was attempting to shed light on a controversial subject that hits close to home—college admissions and differential standards for disparate applicants in that process. The article was in no way intended to offend or target any individual students and I regret that it may have been received that way.

Sincerely,
Alexandra Reinecke

A response to 'Cobalt Scraps'

The recent publication of the article titled "Cobalt Scraps" has sparked an interesting conversation amongst local high school students. While non-student athletes are nodding their heads in agreement, and student athletes are listing the reasons they deserved to be recruited, I don't know exactly where I stand. I am a senior student athlete not being recruited to play either of my sports—swimming or golf—in college.

I respect the athletic recruits at my high school—Miramonte High School—because I know how much work they have put in to excel at their sports. It is undeniable that in order to be recruited to play a sport in college, a student has to be one of the best.

Reinecke's article fails to mention the hours that student athletes spend on their sport. Like academic success, athletic achievement takes a great amount of time and work. Time that student athletes spend at practice is time taken away from school work. The lack of citation that the referenced "0.9 difference" in the GPA of students accepted into schools based on merit and recruitment makes me question its validity.

Nonetheless, a difference does exist, and there are lower admissions standards for athletic recruits. It exists because student athletes inevitably have less time to focus on their school work. The word "student-athlete" itself implies that athletes are students too. It is not accurate to invalidate their success and assume that they are not destined for high achieving careers. If colleges began demanding higher test scores from athletes, then why don't they start demanding that academic students have to pass a fitness test. Criticizing an athletic recruit for their test scores is like criticizing all other applicants for the amount of pushups they can do. There are so many different ways to measure a student's fit for a college. A "one

size fits all" admissions standard does not and never will exist.

All these points said, I believe Reinecke's article shines a light on a more important issue: teenagers' inability to celebrate each other's success. It happens every single year, students criticize each other on their ability to get into certain schools. "She only got in because she was a legacy," "he only got in because his parents made a donation," "she only got in because she had a connection," and "he didn't deserve to get in because he did not even work hard to get good grades."

I am tired of hearing the endless reasons that students believe make their peers unqualified to get into a university. It is time for students to celebrate each other's success and stop tearing each other down.

Reagan Tierney
Orinda

What's wrong with a plan?

Change will inevitably come to downtown (and frankly, I wish it would). We can't avoid it by sticking with an outdated, boilerplate general plan from the '80s and simply shrugging our shoulders. We citizens have it within our power to affect change in a positive way by participating in a thoughtful planning process.

We must also recognize the recent shift in state policy which is increasing pressure on transit-rich cities like ours to address the current housing shortage. We only have a few years until Orinda must certify another state-required housing element (which details where and how Orinda plans to accommodate future housing growth to meet regional targets). Meanwhile, the state is taking more aggressive steps to monitor our progress under the existing housing element and introducing bills to override local zoning restrictions near transit. The City Council will likely have to consider the possibility of encouraging more housing within our downtown. Why wait until the last minute to start this process? Or worse, why let the state do it for us without our input? Planning is good. The city council should not avoid or delay the process of downtown planning. Following the thorough assessments of our downtown made by Urban Land Institute and Main Street USA, city staff recommended creating a Streetscape Master Plan. After hearing the inspiring ideas of the two professional panels, this is a very timid step toward progress that doesn't address the real issues of our downtown. A streetscape plan deals in sidewalks and benches, not in the fundamental framework of what we want development in our downtown to look like. Alternatively, a downtown-specific plan could outline preferred building styles, incentivize development to utilize the creek downtown, improve the flow of parking, create community gathering spaces, draw in desired tenants, and so on. But the City Council has not started work on a downtown plan.

I want a better downtown right now so that my family and I can begin enjoying it. But the first step is for our local elected leaders to let us determine as a community what we want and then make a plan to achieve it. There are strong voices against doing anything, but I urge the City Council to listen to the rest of us who are disappointed with the state of our downtown and who want to start with a plan as soon as possible. Let's go!

Arran Schultz
Orinda



Maria Eberle, REALTOR®

(925) 478-7190
Maria@MariaEberle.com
www.MariaEberle.com
CalBRE #01798906



Good to know:

Bridging the journey from Lamorinda to Rossmoor

"One satisfied client at a time!"



Call today for a personalized tour of Rossmoor and a Market Analysis of your home.

Rossmoor senior real estate specialist and Lamorinda resident for 20+ years!

Specializing in Swimming Pools

Lamorinda Solar

36 Years in Business



Call For Winter Special Pricing

Be ready for a great Summer in your pool

New Solar System, Solar Panels Replacement

Removal & Reinstallation of Panels (for new roof) Discount until Feb. 28

Save up to \$100 per month

A New Variable Speed Filter Pump Can Save You 90% on Your Monthly Energy Bill!

Programable for desired speed for filter, SPA, waterfall & solar.



The Best Service Under the Sun Since 1981!

Mark Frey, Owner
Local family owned business

925-952-9239

www.LamorindaSolar.com

CA Lic. # 416616

\$200 off Removal and Reinstallation

\$75 off per Panel Replacement

\$75 off any repair (over \$200)



Are you ready for an organized 2018? Clear out the old and bring in the new is part of change from year to year.

5A's got the perfect Storage Place to help make the tasks go easier! Don't forget we're the answer to storing your Holiday Decorations after Christmas too. Makes Christmas next year go so much smoother!

25% OFF ...and prices hold for 3 months!

Example: 8 x 7 T-m2 reg. \$192.... NOW ONLY \$144

We Wish Everyone a Great 2018 from 5A!



Rent A Unit, We Move you in with our Van FREE!

Discounts Expire Jan. 31st, 2018

Keep tuned in for our next event on Social Media!



455 Moraga Rd. Ste. F
(925) 643-2026
www.5Aspace.com

SHOP OUR COMPLETE PACKING SUPPLIES INVENTORY



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 for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Lynn's top five

The new tax law – how it may impact you

By Lynn Ballou CFP®

Welcome to the government's version of tax simplification which comes all dressed up as the Tax Cuts and Jobs Act. Tax simplification? Well, for some, sure; for others not so much. This law, passed at the very end of December, will tempt you to make simplified conclusions, but doing so is dangerous. Instead, with your team of tax and financial planning advisors, examine the new law and determine how your planning will be impacted and what new tools might be available for your consideration. Keep in mind these are just federal changes. So far the state of California has not adopted these new laws and if they don't, you may be filing two quite different tax returns. Let's explore five planning opportunities related to the new federal law.

1) Bunching – it's back! Can you still benefit from itemizing your deductions? With all the caps and limits now in place, many of us will newly discover that filing with the standard deduction is the way to go. This is especially true for those filing married, because no matter your filing status,

the limit will be \$10,000 for state and local taxes and property taxes (yup, combined). So how irritated will you be if you almost reach but don't actually exceed the standard deduction each year? If that's you, then bunching may be your friend. This approach will mean that every other tax year you aggressively pay any known qualified medical expenses, prepay one mortgage payment, and maybe make charitable deductions an "every other year" event. Your goal is simple: Try to exceed the standard deduction and actually itemize every other year, using the standard deduction for the in-between years.

2) Small business owners: You may benefit from this new law by being able to deduct 20 percent of your business income before tax. There are strict guidelines on how this can apply to you, so proceed with caution, but here's the planning tip: Some taxpayers may have a choice of being an employee or an independent (i.e. self-employed) contractor. If you are in that situation, it's time to review the math regarding tax versus benefit costs to determine which is best for you.

If you opt to be self-employed, be aware of the rules for filing taxes quarterly so you don't find yourself in more economic trouble than the taxes you might save.

3) Estate planning – exclusions double. With the new stratospheric limits, it's time to review your estate and lifetime family gifting planning, perhaps getting more aggressive with family and charitable gifting now. These giddy higher limits are due to revert to last year's levels in 2026. For those of you with estates over \$11.2 million (single) and \$22.4 million (married), planning has shifted for the better and I encourage you to meet with your estate and financial planning advisors soon to review any changes that might benefit you and your family.

4) 529 Plans – They're not just for college anymore! In addition to funding college costs, under the new law you can also withdraw up to \$10K/year tax free for private school, grades K-12, per child. Funding 529 plans fully and as early on as possible is a great family estate tax planning tool. By transferring funds

out of your taxable estate now you are not just lowering your taxable estate, put also eliminating the tax burden from the income these assets produce because they grow tax free within the 529 plan. In addition to the five-year front funding available (\$75,000 due to the new \$15,000 annual gift limit), you may also wish to explore using some of your lifetime estate tax exclusion.

5) Review your withholding: From withholding on paychecks, to withholding on retirement income including pensions, Social Security and required minimum distributions, it's time for a tax withholding checkup. As you can see, the impact of the new tax law could change the number of exemptions you should claim on your W-4. New withholding tables that reflect the new laws won't be implemented until early to mid-February. Time for a deep dive review as soon as they are in place, which you can do on the IRS site once they update the calculator: www.irs.gov/individuals/irs-withholding-calculator.

Even if you've never cared much about the tax laws, it's time

to become an unapologetic tax geek and be sure you understand how this sweeping legislation can impact you, your family and your businesses. Collaborate with your financial, tax and estate planning team members to make any corrections necessary, and again as regulations, interpretations, nuances and changes unfold. This is definitely not a one and done conversation!



Lynn Ballou is a CERTIFIED FINANCIAL PLANNER™ professional and Regional Director with EP Wealth Advisors, a Registered Investment Advisory Firm in Lafayette. Information used in the writing of this column is believed to be factual and up-to-date, but we do not guarantee its accuracy and it should not be regarded as a complete analysis of the subject(s) discussed. All expressions of opinion reflect the judgment of the author as of the date of publication and are subject to change. Content is not intended to be interpreted as tax or legal advice. Always consult a tax and/or legal professional regarding your specific circumstances.

Moraga School District receives grant to fund differentiated education

By Sophie Braccini

The Moraga School District has given itself an ambitious goal: differentiated education of the whole child. Today's educators want to be able to engage all types of learners to allow them to successfully master the academic program, while supporting the behavioral and socio-emotional needs of different types of students. Continued training and cooperation among teachers helps them to reach these lofty goals.

The MSD was able to secure a state grant to support this objective. It will allow a small district pedagogic team to be trained in new methods and over a two-year period implement and measure results.

Susan Bishop, the MSD director of pupil services, applied for and got the \$25,000 grant. She explains that a team of five people – herself, another administrator, a teacher, a special education teacher

and a psychologist – will receive their training in the months to come and that the implementation will begin with the 2018-19 school year and continue to 2020.

The underlying principles of the program are that schools should educate every student using differentiated methods because every individual has unique sets of strengths and weaknesses. The California Department of Education promotes the Multi-Tiered System of Support to meet the different academic and behavioral needs of all students. MTSS is presented as a set of practices that are research based and that teachers implement according to the data that are collected in their classroom.

The grant the MSD received is called SUMS or Scale Up Multi-Tiered System of Support (educators seem to love cryptic acronyms). Bishop explains that the small team will, for example, learn more ways to implement the Universal Design for Learning, a set of instructional strategies designed to give all students opportunities for learning through differentiated content. The lesson plans have to engage the students in distinctive ways, connecting learning to what the students already know; the teachers have to use multiple means of representation of the material, such as group learning or use of multimedia; they have to provide the students with multiple means of expression so they can demonstrate their learning in multiple ways.

Bishop explains that the transfer of knowledge between the small group and the teachers will happen during the monthly collaboration sessions where same grade level teachers meet and discuss teaching strategy. There will also be at least one full day of continuing education for all teachers throughout the



The multi-tiered support system for the whole child. Graphic provided district.

The MTSS system also aims to support the behavioral and emotional growth of the children, while respecting all differences. There again, the team will learn new strategies to support teachers. Bishop adds that the training will have a strong component of gathering and comparing data. She explains that the district already does a lot in the areas of differentiated education and behavior support, adding that the SUMS framework will help in leveraging and measuring progress.

In the area of behavior, she gives the example of measuring the students' engagement in the classroom. She explains that the members of the SUMS team will go to the classrooms and have objective

elements to measure, such as the length of time students are off-task. Over the two-year period, strategies to improve engagement will be discussed with the teachers and progress will be measured.

Bishop is glad the district received the grant because it frees resources to reflect on improvements and support the teachers. She acknowledges that over the years, the demands on teachers have increased and the purpose here is not to add to their load.

The director hopes that next year her team will be able to propose to the MSD parents informational reunions to explain such new concepts as Universal Design for Learning or Multi-Tiered System of Support.

Dedicated web page matches volunteers with needs in Moraga

By Sophie Braccini

Moraga Town Council Member Jeanette Fritzky thought of it and the Moraga Citizens Network did it: create a virtual space for local groups seeking volunteers and for residents wanting to give their time to meet and match. The web page can be accessed on the MCN site: www.moragacitizensnetwork.org/volunteer-opportunities.

MCN's Ellen Beans announced the creation of the page, saying that what goes on in Moraga depends so much on the availability of volunteers. "But there's never been a central source to post the need for volunteers for a project, or to go to find a place to

volunteer," she added.

Eliot Smyrl, principal at Twist and Twirl Consulting in Moraga, explains that the development required a bit of tweaking. He met with Fritzky at the beginning of the project to discuss the concept. The council member had long been aware of individuals of all ages in town who want to be involved, but did not know what was available, as well as service groups and public entities that needed more volunteers but were not always able to reach those potentially interested.

Smyrl hosts the MCN website for free and thought it would be the easiest solution to add the service

to that site rather than creating a new ad-hoc site.

Beans and Fritzky have started making presentations to groups that might need volunteers, and Beans is already thinking of other entities to contact, such as Saint Mary's College or the school districts. She acknowledges that it will take some time and energy at the onset to prime the pump.

The page is still empty, as it awaits opportunities and volunteers. Right now nothing is stopping people from outside Moraga to post. Beans said that Fritzky was not opposed to the site becoming a Lamorinda hub.

TREE SCULPTURE

COMPLETE TREE CARE

Proudly serving the East Bay since 1965!

Fully Insured ❖ Certified Arborists ❖ License #655977

(925) 254-7233 ❖ www.treesculpture.com

Theater View Veterinary Clinic

Theater View Veterinary Clinic, owned by Dr. Laurie Langfold, is excited to announce a new addition. Dr. Amelia Ausman has joined our team. Come check us out.

"Dr. Laurie" Langford

Phone: (925) 317-3187
Fax: (925) 334-7017
Email: theatervieworinda@gmail.com
www.theaterviewvetclinic.com
1 Bates Blvd., Suite 200, Orinda

Plot lines redrawn, but what of the crosses memorial?

... continued from page A1



Google Maps satellite image with overlaid lot plan

Happy Valley Improvement Association President Peter Clark does not see how the plots can be addressed without further discussion of the crosses. "Given the obvious physical presence of the crosses, and the depth of emotion surrounding them, it was surprising that the planning commission didn't include them in the discussion," he said after the meeting.

"After thinking about it," Clark continues, "I've come to the conclusion that the commissioners made a mistake. Currently, part of both lots have a non-conforming use - 'War Memorial with Too Many Signs.' The Lafayette municipal code requires that the lots resulting from a lot line adjustment be in conformance, which was not done."

Munnely would like to see the lot preserved for open space. "I believe these disputably

historic and rural lots ... with stunningly close proximity to our city center, have great potential to our city and residents," Munnely says. "Personally, I think this land would make a beautiful 'Deer Hill' city nature park. I'm aware other residents have different opinions or ideas for its uses and benefits to the community, but the city would serve its residents better by taking pause on this action and scheduling an open-forum discussion of ideas."

The Lafayette resident is critical of the 300-foot radius notification to residents saying that informing just a few residents concerning a property of such magnitude and notoriety is deceit. "A hearing room filled to capacity would have been reality had planning served our community as one would expect in a democracy."

Munnely wrote a detailed

letter to the commission that was received too late to be included in the staff report. "I feel disenfranchised that my comments were not referenced," he said. "Transparency; that's what the people of Lafayette expect and demand!"

Munnely also questions the negative finding of the environmental report saying that the lot line adjustment will facilitate rapid development of the hillside properties, wildlife will be severely impacted as a result and that development and hardscape will result in more erosions and storm water runoff.

"If the lot line revision is granted," adds Munnely, "the opportunity to benefit our community will be more costly to implement at best, or at worst, lost forever."

Winery regulation falters

... continued from page A4

The commission wants to create a new study group to look into these options, but consultant Ben Noble warned that this could take several months of additional meetings and add costs in terms of staff and consultant time.

There were two opposing factions at the meeting: Captain Vineyards owners and others who support the idea of winemaking in Lamorinda as an element of economic vitality and character ask for less regulation, and some of the Captains' neighbors, mainly of the Alalusi family, who oppose a commercial activity in their neighborhood, and are concerned about pesticide contamination.

The commissioners were simply asked to discuss and possibly agree with staff recommendations to finalize the text. The recommendations were the logical consequence of the previous process: requirements from the council to draft a text that would support commercial winemaking in Moraga, but would protect neighbors from adverse effects; demands made by a former plan-

ning commission subcommittee that worked with property owners, opponents and the consultant; and the prior planning commission meeting's requests made in October.

Noble addressed the question about zoning by explaining that agriculture is a permitted use in open space, but the wineries were first built as homes and the winemaking came later and was therefore a secondary use that the town could regulate. Commissioner Steve Woehleke asked if a ranch would be subject to the same rules and if the consideration of what came first, the home or the cows, should be looked into. He also noted that if future wineries would open in residential neighborhoods, the impact could be quite different.

Some commissioners wondered if it was fair to ask winemakers to add 25-foot setbacks to protect the neighbors from potential pesticide contamination when they are already regulated by the county and state. They also noted that homeowners can use whatever chemicals they want

in their homes and no one looks into this. The regulation controls only winemakers, so if someone plants a vineyard of any size but does not make wine, no setback or buffer would be required.

Whether or not the planning commission will ever look at this again will be decided by the town council at a future hearing.

Public Places program praised

... continued from page A7

Currently the APP program has 39 art installations on public display, 22 of which are on loan and 17 of which are owned by the city. The original costs of the owned pieces exceeded \$177,000, and the total liability for the pieces on loan is \$295,500.

The APP program has been funded by donations to the Orinda Parks and Recreation Founda-

tion. Annual operating expenses have been kept low, typically \$1,500 to \$2,500, by an abundance of volunteer labor. The APPC believes that it would be desirable to update the ArtSpace Orinda website, and expects that the cost will be between \$500 and \$1,000, which will come from the Orinda Parks and Recreation Foundation.

Floral Arts
FLORIST
(925) 284-5765
Flowers for all occasions

THE KNOT
VALENTINE'S DAY 10% off on orders delivered or picked up on Tuesday Feb. 13th!! Don't get in trouble! - Place your order early!!
3584 Mt. Diablo Blvd., Lafayette www.floralartsflorist.com

IT'S OUR BIGGEST SALE OF THE YEAR
BIG SAVINGS ON THE STYLES YOU'LL LOVE.

Incredible Savings, Promotions, and Upgrades On Shutters & More Going On Now!*
Contact your local Style Consultant for amazing offers in your area!

Schedule your FREE Consultation today!
925-216-4857 // BudgetBlinds.com

Budget Blinds
The Best in Custom Blinds and Window Coverings

*Applies to selected window treatments and Roman and Panel® Shutters sold through Budget Blinds®. All for details, see add with any other offers, discounts, or coupons. Valid for a limited time only. Offer good at retail store of purchase only. All participating franchisees only. ©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC, and a Home Franchise Concepts Brand. Each franchise independently owned and operated. Franchise opportunities available.

LeapFrog Plumbing

Who's your Valentine? Give your honey (or yourself!) the gift of comfort with the Toto Washlet's warm seat, warm water, and soft air dry. (I love mine!) It's self-cleaning too. Can you say, "Ahhhhh"?!

\$150 OFF!*
Toto Washlet Bidet Seat
Pure luxury

\$250 off
Tankless water heater*
\$100 off
Standard water heater*

*Labor & materials provided by LeapFrog Plumbing. Exp 2/14/18. Cannot be combined with any other offers.

We Hop To It!
Family-owned and serving Lamorinda since 1993

green solutions!

Gas Water Sewer

- Water Heater Specialist
- 24/7 Service

(925) 377-6600
www.LeapFrogPlumbing.com

CA Lic 929641

The City of Lafayette is hiring!

- Technical/Administrative Analyst
- Sr. Administrative Assistant
- Communications Analyst

We are looking for people to join a team of dedicated, energetic, and fun professionals whose mission is to ensure that Lafayette retains its semi-rural character and "small town" downtown feel.

For more information and applications, please visit:
www.lovelafayette.org/jobs



"A little bit of myself goes into every job."

Michael Verbrugge,
President,
Moraga Resident

925.631.1055

www.MVCRemodeling.com

**Specializing in kitchens & bathrooms.
All forms residential remodel/repair.**

Lic# 681593



**MICHAEL VERBRUGGE
CONSTRUCTION INC.**
General Contractor



**Clean | Courteous | Conscientious
On-time | Trustworthy | Local References**

Full design team resources available

**TG
HARDWOOD FLOORS**
Moraga California
DESIGN • REFINISHING • INSTALLATION
925-376-1118
Lic # 974653

Since 1993!
Tom Gieryng, owner and operator

CALL TOM FOR A FREE ESTIMATE

Orinda BART access options looking up

... continued from page A1

A new program involving the Scoop carpooling app in Orinda also aims to encourage carpooling to BART to reduce parking congestion. Now carpoolers will be guaranteed a parking space if they arrive before 10 a.m. at a discount from regular reserved prices.

And, for a small charge, BART riders may soon be able to grab a LimeBike at the station, perhaps to get home, or just to get into Theatre Square or Orinda Village for a bite to eat.

Scoop

The Scoop program is a partnership between BART, the Metropolitan Transportation Commission, and the rideshare app that guarantees a parking spot in the permit area on weekdays.

Carpoolers must ride BART round trip to utilize the permits. At least two carpool riders must

display permits on the dashboard before leaving the vehicle. Cars pulling in with just one person will be subject to citation, even if they dropped off a passenger at BART before parking. BART promises to hold the carpool spaces open until 10 a.m. but cannot absolutely guarantee that there will be room for all carpool cars every day, as some days, notably football game days, may overwhelm the system.

Contra Costa residents going to the Orinda station are also eligible for discounts on the Scoop app through a partnership between 511 Contra Costa, the Contra Costa Transportation Authority and Scoop.

This program was made possible with funding from a Federal Transit Administration Mobility On Demand Sandbox grant. The grant includes enhancements to

the app that will make the trip to BART seamless for commuters. Scoop to BART commuters will be able to find a match, pay or receive money for the carpool and pay for BART parking through the app.

Online reservations

Drivers may also reserve a parking space in advance for up to 10 days (not including overnight parking) for a \$6 per day fee, or for up to 30 days, including overnight parking, for \$7 per day. Users of the online reservation system may purchase a maximum of 10 single-day permits. Both single-day and airport/long-term parking permits may not be purchased earlier than two months in advance. Spaces are held open until 10 a.m. after which permit/reserved areas are open to the general public and space cannot be reserved.

Useful links

Carpool parking: <https://www.bart.gov/guide/parking/carpool>

BART single day reservations: <https://www.select-a-spot.com/bart/reservations/facilities/?type=daily>

BART airport parking: https://www.select-a-spot.com/bart/reservations/facilities/?type=long_term

TK and Kindergarten registration for 2018-19 school year

The Moraga School District TK and Kindergarten registration is scheduled from 9 a.m. to 2 p.m. on Feb. 1-2 at Camino Pablo, Donald Rheem and Los Perales elementary schools. For information about 2018-19 registration, visit the MSD website at <https://www.moraga.k12.ca.us/kindergarten>.

The Orinda Union School District Transitional Kindergarten and Kindergarten registration for children entering an Orinda public school in August 2018 will be held from 9 a.m. to 1 p.m. at each of four elementary schools starting Monday, Feb. 5 through Thursday, Feb. 8. For additional information regarding registration instructions, please check the OUSD website: www.orindaschools.org.

Kindergarten students must be at least 5 years of age on or before Sept. 1, 2018, and if a child has their 5th birthday between Sept. 2, 2018 and Dec. 2, 2018 they are eligible for Transitional Kindergarten.

Registration for Lafayette is past the deadline.

Building Foundations

- Lifting
- Leveling
- Stabilizing

UNDERPINNING
GENERAL CONTRACTOR LIC. 067128
707 310-0602
www.bayareaunderpinning.org

GENERAL CONTRACTOR LIC. 067128

Share your thoughts, insights and opinions with your community.
Send a letter to the editor: letters@lamorindaweekly.com

<p>ADAM HAMALIAN 925.708.5630 DRE# 01917597</p>	<p>BRYAN HURLBUT 925.383.5500 DRE# 01347508</p>
<p>THE CHURCHILL TEAM SERETA: 925.998.4441 RANDY 925.787.4622 DRE# 00524249/01138237</p>	<p>JANET POWELL 925.876.2399 DRE# 01973545</p>
<p>JOHN FONDNAZIO 925.817.9053 DRE# 01938194</p>	<p>JON WOOD PROPERTIES JON WOOD: 925.383.5384 HOLLY SIBLEY: 925.451.3105 DRE# 01474293/01435618</p>
<p>JULIE DEL SANTO BROKER/OWNER 925.818.5500 DRE# 01290985</p>	<p>LISA TICHENOR 925.285.1093 DRE# 01478540</p>
<p>MATT McLEOD 925.464.6500 DRE# 01310057</p>	<p>SHERRY HUTCHENS 925.212.7617 DRE# 01320608</p>
<p>TERESA ZOCCHI 925.360.8662 DRE# 01907345</p>	<p>TINA FRECHMAN 925.915.0851 DRE# 01970768</p>

DUDUM REAL ESTATE GROUP

PROFESSIONALISM. INTEGRITY. RESULTS.

<p>85 LARK PLACE, ALAMO COMING SOON CALL AGENT FOR PRICE BRYAN HURLBUT & JULIE DEL SANTO 925.319.4400</p>	<p>3 WALLABI COURT, LAFAYETTE COMING SOON CALL FOR PRICE SHERRY HUTCHENS / LISA TICHENOR 925.212.7617 / 925.285.1093</p>
<p>ELVIA STREET, LAFAYETTE COMING SOON CALL AGENT FOR PRICE MATT McLEOD 925.464.6500</p>	<p>1825 POPLAR DRIVE, WALNUT CREEK COMING SOON CALL FOR PRICE ZOCCHI & ASSOCIATES 925.360.8662</p>
<p>287 LARK LANE, ALAMO RESORT LIVING \$3,595,000 HURLBUT TEAM 925.319.4400</p>	<p>11321 CANON VISTA AVENUE, SAN JOSE NEW PRICE \$2,399,000 JOHN FONDNAZIO 925.817.9053</p>
<p>2453 PROVIDENCE COURT, WALNUT CREEK JUST LISTED \$1,579,000 THE CHURCHILL TEAM 925.998.4441 / 925.787.4622</p>	<p>450 SUMMIT ROAD, WALNUT CREEK JUST LISTED \$899,000 HURLBUT TEAM 925.319.4400</p>

 DRE# 01882902	<p style="text-align: center;">WWW.DUDUM.COM</p> <p style="text-align: center;"><i>Distinctive Properties</i></p>	<p>LAFAYETTE 999 OAK HILL RD., #100 LAFAYETTE, CA 94549 O: 925.284.1400 F: 925.284.1411</p> <p>DANVILLE 100 RAILROAD AVE., #A DANVILLE, CA 94523 O: 925.800.3510 F: 925.800.3520</p>	<p>WALNUT CREEK 1910 OLYMPIC BLVD., #100 WALNUT CREEK, CA 94596 O: 925.937.4000 F: 925.937.4001</p> <p>BRENTWOOD 60 EAGLE ROCK WAY, #B BRENTWOOD, CA 94513 O: 925.937.4000 F: 925.937.4001</p>	
-------------------	--	--	--	--

~ Life in LAMORINDA ~

Moraga resident honored by Saint Mary's College

By Michael Lupachino



Millicent McCormack

Photo Mary Poppingo

Longtime Moraga resident Millicent McCormack will be honored on Saturday, Jan. 27 at Saint Mary's College during the 2018 Distinguished Alumni Awards. Each year the college's Alumni Association honors deserving alumni and friends by bestowing six different awards for outstanding service to the SMC community. McCormack is this year's Honorary Alumna, an award given to friends of the college in recognition of outstanding service and dedication to the mission of Saint Mary's College.

McCormack will be honored along with Alumnus of the Year, Rand Morimoto, PhD. A tech industry pioneer, and founder and president of Convergent Computing, Morimoto has served the

Clinton, Bush and Obama Administrations as a Y2K, cybersecurity and cyberterrorism advisor. The Emerging Leader Award will be presented to Yusuf Nessary, the founder of Zam Water; a humanitarian organization working to increase access to clean water, quality education and sustainable farming globally.

In addition to her service to Saint Mary's, McCormack has been actively involved in the Lamorinda community for decades. She was the first student teacher at Donald Rheem Elementary, and taught first grade in Moraga for 42 years. McCormack taught at the Rheem School and at Camino Pablo, where she retired from teaching in 2004. "I was known for bringing Irish

Folklore to Moraga, introducing it to all of my first grade classes," says McCormack. "My name is synonymous with Leprechauns in this town!" Although McCormack was teaching in Moraga in the 1960s, it wasn't until 1973 when she and her late husband, Thomas, moved into a brand new house in Moraga after spending time in Walnut Creek and then Martinez.

When the couple moved to Moraga, they became members of the local Catholic Church, Saint Monica's. Although the parish was established in 1965, construction on the church's current location off Canyon Road wasn't complete until 1974. As a result, the McCormacks and the other parishioners worshipped in the Saint Mary's College Chapel. McCormack notes, "Because the

church hadn't finished construction, our daughter, Kathleen, was baptized in the Saint Mary's College Chapel." Twenty-two years later, their daughter would go on to graduate from SMC with a degree in business in 1996.

As residents of Moraga and members of Saint Monica's, the McCormacks developed a strong relationship with Saint Mary's College, especially with Brother Mel Anderson. Thomas McCormack, who was also an educator, approached Anderson in the late '70s about establishing extension courses at the school for teachers, nurses, accountants, and other professionals in need of continuing education credits. "My husband was very entrepreneurial," says McCormack. "He noticed that I, as a school teacher, needed so many credits each year, and

thought 'If other colleges and universities can offer extension credit, why not Saint Mary's?'"

Thomas McCormack, working with Saint Mary's, established the California Field Studies extension courses for professional growth, of which he served as an associated director. The McCormacks became very involved with the college and continued to be long after the field studies program ended as the college phased out extension credits in 2005. Millicent McCormack joined the SMC Guild in the 1990s, but became very active once she retired from teaching. Since 2004, she has served as the Guild's publicity chair—a job that has her continuously interacting with businesses and community members in Lafayette, Moraga and Orinda. ... continued on page B2

College and Graduate School Advisor

Elizabeth LaScala, PhD, has decades of admissions expertise. Elizabeth personally guides each student through every step of applying to well-matched schools, making the entire process more manageable and successful. She has helped place hundreds of high school students in the most prestigious colleges and universities in the US and abroad. Elizabeth, along with a team of expert consultants, also coach graduate and professional school applicants in the sciences, humanities, medicine, business, and law. Elizabeth attends conferences and visits campuses to make personal contact with admissions networks and stay current on admission trends.

Her professional team offers access to the best test preparation, academic tutoring, scholarships and much more.

Elizabeth LaScala, PhD

Founder, Doing College and Beyond
College and Graduate School Admissions Services
970 Dewing Avenue Suite 202
Lafayette, CA 94549
(925) 385-0562
elizabeth@doingcollege.com
www.doingcollege.com



Grand Opening Moraga's All-Access Playgground Sunday, January 28, 2:00 pm Moraga Commons Park

Please joins us to celebrate the opening of Moraga's All-Access Playgground.



Thanks to all Our Donors

Over \$340,000 Raised and Donated to the Town of Moraga

In Memory of Russell J. Bruzzone
Dean & Margaret Leshar Foundation

PLATINUM SPONSORS

Moraga Rotary Club
The Rotary Foundation

Town of Moraga
Wayne & Gladys Valley Foundation

GOLD SPONSORS

Barbara Bruner
Marc & Linda Carrasco
Bill Eames

Moraga Parks Fnd.
Susan Olsen
Orinda Community Fnd.

Orinda Park Fnd.
Orinda Rotary Club
Wayne & Ragen Ortland

Stephen & Amy Parlett
Walter & Virginia Price
Rossmoor Rotary Club

Y & H Soda Fnd.
U.S. Realty Partners
Clyde & Dianne Wilson

SILVER SPONSORS

Adele Berklund • Ron & Kaaren Binder • Jim and Linda Campbell • Alsidia Canton • Graig & Sibylla Crossley • Doug & Ann Damaschino • Cliff Dochterman • Marv & Joyce Ellenberg
Aras & Eleanor Grakauskas • Roger & Jan Gregory • Julia Hoang DDS • Gary & Carol Irwin • Ron & Pilar Julian • Keith Katzman • Debbie Koo • David Kruegel • Laborde Family Trust
Lafayette Ace Hardware • Lafayette Community Fnd. • Lafayette Moraga Youth Assoc. • Lamorinda Weekly • Los Perales School PTA • Lad & Leslie Lynch • Alan Mathewson
Frank & Linda May • Mike & Carmela McCluer • Mechanics Bank Fnd. • Mike & Sharon Metcalf • Evie Michon • Moraga Community Fnd. • Moraga Royale Assisted Living
In Memory of Joey Nikban • Stan Oberg • Jody Parker • Norman & Janet Pease • Rich & Peg Render • Kevin & Pam Reneau • The Riepe Family • Mark & Claire Roberts
Lou & Debbie Roessler • Safeway-Vons Fnd. • Tony & Libby Schoemehl • Barry & Anna Tague • Larry & Carol Tessler • John & Carol Tomei • Dick Vance • Wells Fargo Bank Fnd.

BRONZE SPONSORS

Phil & Gretchen Arth • Jose & Marcella Avelar • Eric Axelrode, DDS • Colin & Sarah Barnard • Barry & Sue Behr • Robert & Janet Besse • Dennis & Jill Bower • The Burkhalter Family • Mary Caburi
Justin Clark • Fred & Joan Collignon • Angelo & Suzann Costanza • Richard & Susan Curry • Stuart Darby • Heather Davis • Ralph & Diana Davisson • Sandra Denny • Victoria Devlin • David & Wendy
Dominguez • Mike & Penny Edwards • Harry & Sheilah Fish • Joe & Linda Fitzgerald • Bob & Jeanette Fritzy • Ryan & Lindsay Garrity • Patrick & Maria Geoghegan • Tom & Juanita Gilbertson • Bill & Pat
Gonsalves • Lisa Hamaker • Mike & Michelle Hawkins • Ray & May Kan • Juan Kelly • Christopher & Koleen King • Grayson & Jenifer Kirtland • Rochelle Klein • Bill Korn • Lafayette Tree & Landscape, Inc.
Lafayette Youth Commission • Larry & Ruth Lang • Jennifer Lenfestey • Denny & Kitty Lenhart • Paul & Susan Lindquist • Marion & Norma Livermore, MD • Kevin Lum • Dan & Nora Martin • Julie Marvel
Sue McCaffrey • Frank & Sonia McCoy • Joshua & Laura McDowell • Nancy Methlie • Peter Metzger • Ted Michon & Maria Hjelm • Sheila Monkash • Moraga Chamber of Commerce • John & Maridel
Moulton • Ron & Yelena Mucovich • Bhasker & Alka Mulakaluri • Jerry & Ellen Myers • Jeff & Anne Nash • Orinda Woman's Club • Mark & Karen Orwig • P.E.O. Chapter SB • Al & Karen Pyne • Chris & Nikki
Peterson • Del Raby • Mike & Vicki Radcliffe • Laura Rehfeld • Rudy & Laurie Reich • Kenneth & Barbara Renz • Loto Rickman • Tom & Michele Robbins • Steven & Sally Roberts • Saklan School Students
Andy & Wendy Scheck • Susan Schneider • The Schnurr Family • Ron & Louise Schopke • Jeff & Edy Schwartz • Seth Schwartz • Laurie Shapley • Deborah Sheng • Al & Marilyn Simonsen • Peter & Helena
Singelstad • Stan Smalley • Ron & Linda Smetana • Brian & Suzy South • Sam & Susan Sperry • Ellen Takayama • Gerry & Carol Tanner • In Memory of Peter Tidmarsh • Chris & Elena Toehy
Dave & Debbie Trotter • The Moraga UPS Store • Tom & Gina Vadnais • Herb Wehmeyer • Mike & Mary Anne Whitaker • David & Julia White • Ronald & Susan Williamson • Steven & Margaret Woehleke

‘The Nile Hilton Incident’ – a real film noir gem

By Sophie Braccini



Poster provided

Based on the true story of the 2008 assassination of Lebanese singer Suzanne Tamim in Dubai, the crime film “The Nile Hilton Incident” tells about corruption at all levels of the administration in Cairo on the eve of the Egyptian revolution. In the Greek tragedy tradition, a man defies the gods: the film’s central character stands up alone against the system, and like in most Greek tragedies, it doesn’t end well.

Set in Cairo on January 2011, a few days before the revolution, the film opens with a young singer being murdered in a room of one of the town’s luxury hotels. Noredin Mustafa, the grouchy investigator in charge of the case, begins to realize that those responsible for the murder might be close to then President Hosni Mubarak.

Think of a very “noir” version of “L.A. Confidential.” The same ingredients are at play here: the murder of a glamorous woman, blackmail, corruption at the highest political level, and the crushing of ordinary people who had the misfortune to be linked to the case. The social and political portrait of the Cairo megalopolis at a crucial historical moment also emerges during this captivating crime investigation.

The story that inspired the movie took place in 2008. At the time a giant of the construction industry and member of parliament, who belonged inside Mubarak’s close inner circle, was arrested and condemned for having paid a high-ranking police officer to kill Tamim.

The Swedish director of Egyptian decent, Tarik Saleh, said in an interview to CineEuropa that the incident made the headlines for months in Egypt. “It was incredible and strange! The trial was for Egypt what the O.J. Simpson case was for America: everyone followed it. So I started writing a screenplay based on these events, as I got the feeling it was a sign of the first cracks starting to appear in the system.” Saleh changed the timing of his movie to 2011 after the Arab Spring started and Egyptians took to the streets.

The prerevolutionary tensions add to the dramatic aspect of the movie as Noredin is slowed in his efforts by the protesters in Tahrir Square and the increasingly violent repression of the demonstrations.

Saleh uses a film technique made to resemble first-hand video filming of live events and puts the spectator in the middle of a very messy system deeply plagued by corruption. All low-level cops get bribes and when an inspector wants to arrest a suspect outside of his jurisdiction he has to give a kickback to his local colleague.

At the beginning of the movie, Noredin is a cop like any other; he belongs to the system and gets his share, as it is normal. But he is also a solitary individual and has a conscience. Something inside him cannot accept seeing others crushed while high power people get away with it. As the film develops, Noredin grows into the form of a tragic hero; he wants to find the truth and bring the culprits to justice even if they are the highest-ranking people in his country, and even if that means risking his own life.

Saleh chose Fares Fares to play Noredin, a forceful and surprising actor with a face as rough as his attitude. “The Nile Hilton Incident” received the grand jury prize for dramatic film in the world cinema section at the Sundance Film Festival a few months ago.

An Egyptian friend of this reporter recalled going back to Cairo six months after the events at Tahrir Square and how his brother was hopeful things had changed. But when he was stopped by a police officer for a traffic violation he was given the old alternative: pay a bribe or face endless administrative hassles. He paid, and was sad to do it.

Saleh’s film underscores how supporting all the little everyday infractions pave the way to larger crimes.

“The Nile Hilton Incident” is part of the International Film Showcase. It will play at the Orinda Theatre for one week starting Feb. 2.

Moraga resident honored

... continued from page B1

Established in 1939, the SMC Guild is a women’s group that raises money for scholarships through monthly events such as an annual Christmas Luncheon, a Bridge and Bunco night, and a spring fashion show. Aside from building community relations as the publicity chair, McCormack is incredibly passionate about the Guild’s mission of raising scholarship funding for students in need. It is her dedication to the Guild that landed her this year’s Honorary Alumnus/Alumna Award. Assistant Vice President for Alumni & Community Engagement Mary Poppingo also serves as the Guild liaison. She notes, “Millicent’s passion and enthusiasm for the SMC Guild and for Saint Mary’s College is infectious. Anyone who meets her sees immediately her commitment to our students. At events, the room

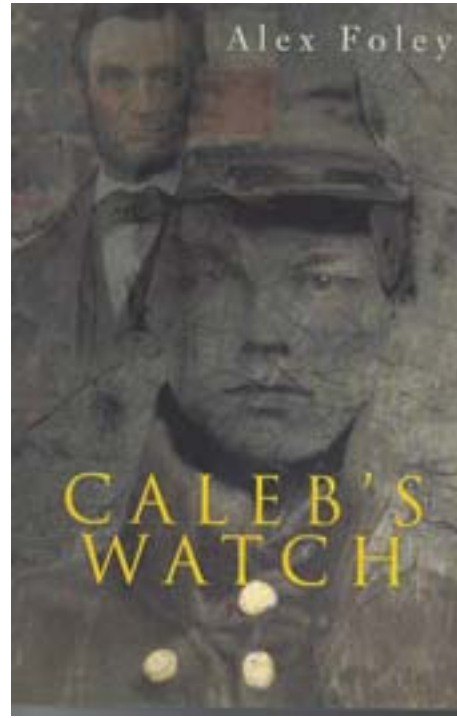
lights up when Millie arrives and the fun begins.”

All of the 2018 award winners were notified in early December of their honors. When McCormack first heard the news, she was stunned. “I was shocked, and overwhelmed. I had no idea of its importance and it took a week to set in,” says McCormack. Her zest and passionate support for the Saint Mary’s College community was even evident as she told friends and family. “My husband’s whole family are either Santa Clara or USF supporters. I couldn’t wait to tell them all about the award I will be receiving at ‘little Saint Mary’s over here.’”

Tickets to the Distinguished Alumni Awards are still available and open to the public. For more information, please visit stmmarys-ca.edu/alumniawards.

Moraga resident pursues unique idea in new book

By Jennifer Wake



Simple experiences are often the catalysts for something much larger. In 2013 when Moraga resident Alex Foley and his wife, Linda, visited Gettysburg, site of the seismic battle that determined the outcome of the Civil War, he learned it was also the 150th anniversary of President Lincoln’s famous Gettysburg Address, and it sparked an idea.

“After reading that Lincoln penned five copies of his Address, I wondered if there could be a sixth copy hidden somewhere for all these years,” said Foley. “I thought it would be interesting to revisit the precarious Lincoln presidency and the conditions which challenged the U.S. at that time.” The result? Foley’s first novel, “Caleb’s Watch,” which he self-published last fall.

“American history seems to present us with tumultuous periods every 100 years – the 1760s, 1860s and who can forget the

1960s?” Foley said. “The Civil War period was probably the most divisive era in our history. We forget how close the South came to winning the war. Considering the past few years in our country, what better way to do this than to take the reader through an interesting and intriguing adventure reliving some of those historic events.”

Foley chose a small town on the southern coast of Maine as the starting point of the narrative.

“Perkins Cove, York and Ogonquit are favorite vacation destinations and a close friend had provided me with letters written by his ancestor who was a member of Colonel Joshua Chamberlain’s 20th Maine Infantry Regiment during the Civil War,” he said. “This unit was immortalized in ‘Killer Angels,’ the book, and ‘Gettysburg,’ the movie.”

Foley says his research involved reading over 100 books, periodicals, articles, watching DVDs and visiting numerous websites.

The story begins with the protagonist Zach Rivers on holiday in Perkins Cove. He discovers that Caleb Shandry, a sergeant in the 20th Maine Regiment was killed in Gettysburg the same day Lincoln delivered his Address. This coincidence piques River’s journalist curiosity, setting off a journey to determine how Shandry died and the possibility that a sixth copy of Lincoln’s Address exists.

Rivers hooks up with a professor of American history and they are soon joined by Rivers’ lifelong friend, a military operations security expert, as they travel to various sites, from Gettysburg to Philadelphia, Kittery, Maine to Frederick, Maryland, searching for answers to the mystery, and soon find themselves running from two differing murderous factions intent on obtaining the Address for themselves. The book is available online at Amazon.com.

Contra Costa County High School Mock Trial is looking for volunteer legal professionals

Submitted by Jonathan Lance



Bay Area soon-to-be, practicing, and retired law professionals are needed to provide assistance to their future brothers and sisters at the upcoming 38th Annual Contra Costa County High School Mock Trial Program, held on seven early weekday evenings during January and February at the Martinez Court Rooms. Last year, close to 100 Bay Area practicing and retired attorneys and sworn judges, as well as third-year law students volunteered their time with the Mock Trials.

Coordinated by the Contra Costa County Office of Education, Mock Trial is an academic event provided for high school students. The hands-on educational program was created to help students acquire a working knowledge of our judicial system, develop analytical abilities and communication skills, and gain an understanding of their obligations and responsibilities as participating members of our society. This year’s case, *People v. Davidson*, is a criminal case involving first-degree murder and a pretrial argument on the Fourth Amendment.

Teams of high school students work with teachers and volunteer coaches to prepare their version of the criminal case, from both the prosecution and defense perspectives. Students assume the roles of trial attorneys, pretrial motion attorneys, witnesses, clerks, bailiffs, artists, and court journalists. Mock Trial judges and attorneys score their performance and provide immediate feedback. Winning teams advance through seven rounds of competition. The county’s cham-

pion advances to the state finals. This year, there will be 15 Mock Trial teams competing, representing high schools throughout Contra Costa County.

Volunteers will score two competing schools that argue the case in their assigned court. Each night will begin with a 15-minute rules and regulations training, then the volunteers will go into their scheduled courtrooms to serve as Mock Trial judge and scorers. The Mock Trials’ scorers are made up of Bay Area deputy district attorneys and deputy public defenders, as well as public-sector, private-practice, and corporate lawyers. In addition, seasoned law students are also welcome to participate. A practicing or retired judge or commissioner will preside over each trial, and also serves as one of the trial’s scorers.

The two highest-scoring teams will advance to the finals on Tuesday, Feb. 20. The winning team will then represent Contra Costa County at the California State Mock Trial competition, held in Santa Ana, Calif., March 16-18. The California state finalist team will then compete in the National Mock Trial Competition, held May 10-12, in Reno, Nevada.

In 1977, the Constitutional Rights Foundation introduced the concept of mock trials to the Los Angeles schools. In 1980, the program expanded to the state level. The California Mock Trial Program currently involves more than 36 counties and over 8,000 student participants from more than 400 teams. Approximately 1,500 attorney volunteers serve as team coaches and scorers, and 500 Municipal, Superior, and Appellate Court judges preside over the trials.

Mock Trial will be headquartered at the A.F. Bray Courthouse, 1020 Ward Street, in Martinez.

Interested volunteers can learn more by visiting the CCCOE’s Mock Trial Web page, or contacting Jonathan Lance at (925) 942-3429.

Schedule for 2018 Contra Costa County High School Mock Trials:

Preliminaries: Jan. 30; Feb. 1, 6, 8, – 5 to 8 p.m. (Eight competitions each night)

Quarterfinals: Feb. 13, 5 to 8 p.m. (Four competitions)

Semifinals: Feb. 15, 5 to 8 p.m. (Two competitions)

Final and Consolation: Feb. 20, 5 to 8 p.m. (Two competitions)

Teams from the following 16 Contra Costa County high schools will be competing:

Acalanes (Lafayette), Alhambra (Martinez), California (San Ramon), Campolindo (Moraga), Clayton Valley Charter (Concord), De Anza High (Richmond), Deer Valley Law Academy (Antioch), El Cerrito (El Cerrito), Hercules Middle/High (Hercules), Heritage (Brentwood), Kennedy (Richmond), Miramonte (Orinda), Monte Vista (Danville), Pinole Valley (Pinole), Richmond (Richmond).

GET AHEAD IN MATH THIS YEAR



MATHNASIUM
The Math Learning Center

GRADES K-12
Pre-Algebra • Algebra 1 & 2 • Geometry
Pre-Calculus & Calculus
SAT/ACT Preparatory
Individualized Instruction

HOMEWORK HELP FOR ALL LEVELS
Flat Monthly Fee
Drop-in any time, no scheduling needed!

1 WEEK FREE TUTORING & HOMEWORK HELP
Must present coupon. New students only.

3435 Mt. Diablo Boulevard, Lafayette
(Golden Gate Way at Mt. Diablo Blvd.)
(925) 283-4200 www.mathnasium.com

Ware Designs

Fine Jewelry since 1977

Expanding our Services with

Two Goldsmiths

- Custom Designs
- Appraisals
- Expert Repairs
- Pearl Restringing

All your jewelry is insured with Jeweler's Block Insurance.

\$5 off Watch Battery

Reg \$15, Now \$10

1 watch battery per person. Exp. 2/28/18. Usually installed while you wait. W/coupon. Restrictions apply.

3645 Mt. Diablo Blvd., Lafayette between Trader Joes & the Post Office
283-2988 www.waredesigns.com Tuesday-Saturday 10-6

Lafayette author draws on her childhood in China to pen award-winning children's books

By Kara Navolio



Ying Chang Compestine

Photo provided

Ying Chang Compestine, a Lafayette resident since 2002, is the author of 20 books, with her newest book, a retelling of "The Chinese Emperor's New Clothes" (Abrams, 2017), released this month.

The picture book for 6-10 year olds is a twist on the old tale; the child emperor Ming Da realizes that his ministers are stealing from his country, leaving nothing for him to give his people. He comes up with a plan and enlists his tailors to help expose the thieves and take care of his citizens. The book has been awarded a Kirkus Star, an honor for children's books of exceptional merit.

All of Compestine's books are inspired by her childhood growing up in China during the Chinese Cultural Revolution. "Revolution Is Not a Dinner Party" (Henry Holt, 2007) is specifically based on her own life in China. It has won over 30 awards and has been published in many languages. She recently signed a contract to have the novel turned into a movie, being co-produced by Canadian and European companies.

Another book that Compestine co-wrote with her son, Vinson, when he was in high school, "The Secrets of the Terra-Cotta Soldier" (Abrams, 2014), has also won many awards and is being made into an animated television series.

Compestine has also written many picture books for younger

children and five cookbooks that focus on healthy eating. Her children's books include activities and sometimes recipes as well, all tied to Chinese culture.

Compestine is the type of author who enjoys getting out to schools and interacting with the kids who read her books. She has developed a unique school assembly program, traveling all over the world, as her books are published in many languages. Compestine travels on cruise ships and gives school visits in every port of call, using the ship as her floating hotel. While the ship is at sea, she conducts writing workshops and cooking classes for her fellow travelers. She has cruises booked for the spring in Europe and the fall in Asia.

For all her previous successes, one would guess that getting her newest book published would be relatively easy. However, success does not come without continued hard work, as Compestine explains, "I worked on Emperor for 13 years. It was rejected by 20 editors! Each time I sent my baby out, I was full of hope. When he came back, rejected, I would spend days doubting my abilities as a writer. But like a loving, infinitely persistent mother, I kept on. I restructured the story every way I could think of. I wrote variations from the point of view of every major character in the book. I spent days working on one sentence and hours finding the perfect word. I was determined to improve

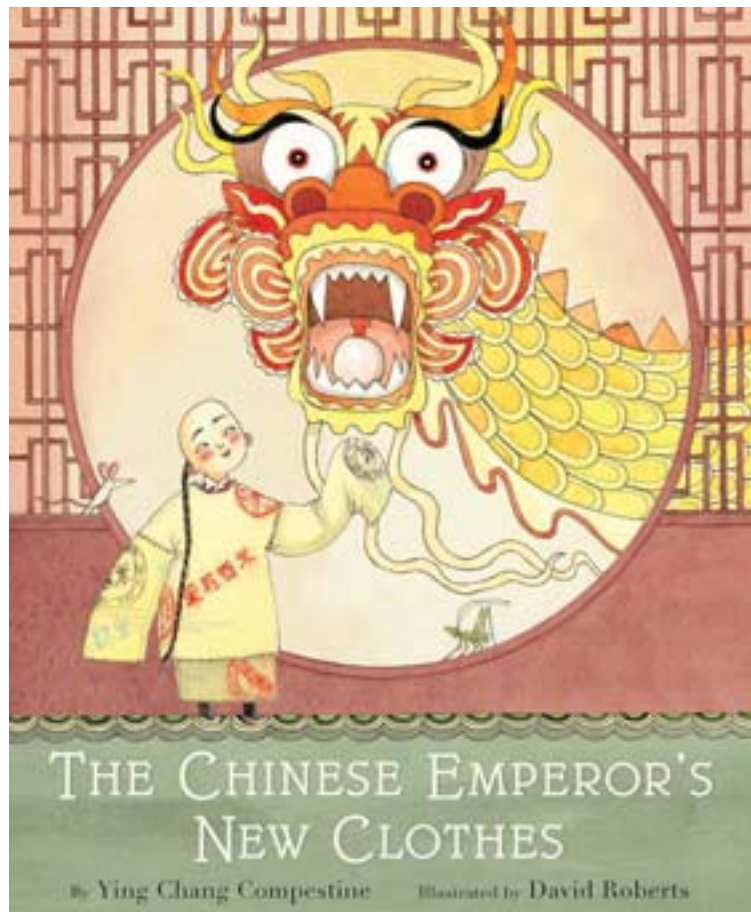
my inadequate baby because he represented part of me – my bitter-sweet childhood growing up during the Chinese Cultural Revolution."

Compestine, who came to the U.S. when she was 23, is not like other writers who sit at their desk and write for several hours each day. She does most of her story writing in her head while exercising or cooking. By the time she sits down at the computer to "write," she has already formed the story in her head, and she just has to type it out. One of her favorite places to exercise is the Lafayette Reservoir and the trails surrounding it. She and her husband made the move from Colorado to the Bay Area 15 years ago because Compestine always wanted to live near San Francisco. As a young girl in China, the Golden Gate Bridge was a powerful symbol of freedom and the West. She makes regular visits to see the bridge.

All 20 of her books are still in print, and her earliest, "The Runaway Rice Cake," is in its seventh edition. Compestine's hard work and attention to the smallest detail has paid off. "I don't want to just publish books. I want to publish award-winning books that stay in print."

Book Passage in Corte Madera will be hosting a Book Launch Party for "The Chinese Emperor's New Clothes" in celebration with the Chinese New Year from 11 a.m. to 1 p.m. Saturday, Feb. 17, with activities for children.

Her books can be found at Orinda Books and at online booksellers. For more information, visit yingc.com.



Create a positive change in a foster child's life.
BECOME A CASA VOLUNTEER.
www.cccocasa.org

Nurtury PRESCHOOL AT MVP
OPEN HOUSE
Monday, February 12th
9:30—10:30
Learn more about Nurtury Preschool and receive Early Registration!
Morning Program 9-12:30
Extended day care from 8am-5pm
Classes for 2-5 year Olds and Summer Camps!
10 Moraga Valley Lane, Moraga
www.nurturyatmvp.com
Open House Child care provided by reservation
(925) 388-0086 or Nurtury@mvpctoday.org

TAXI BLEU All Airports Served 24/7

Dispatch: **925-849-2222**
Direct: **925-286-0064**
www.mytaxibleu.com
mytaxibleu@gmail.com

Lafayette Care Home
A Residential Care Home for the Elderly
Lafayette Care Home features six private rooms in a beautiful setting. We pride ourselves in giving personal and individual care. Please contact Linda at (925) 451-6456 to arrange a visit.

Testimonial from Marian M.
"Our mother has been with the Lafayette Care Home for over 3 years, and we are more than pleased with the loving care provided. We highly recommend this exceptional care home."

Linda Lic # 075600841

Lafayette Care Home • 3640 Baker Lane, Lafayette, CA 94549 (925) 451-6456 • www.lafayettecarehome.com

10 FREE DAYS

Offering Gentle Yoga
Monday - Friday
11AM - 12PM
All levels welcome.
Seniors especially
welcome.

920 Country Club Drive, Moraga
(925)732-9114

humble yoga
breathe. stretch. strengthen.

www.goHumbleYoga.com

Platelet rich plasma injections in the 'weekend warrior' athlete

By Kevin M. Roth, MD

When Steph Curry sprained his medial collateral ligament in Game 4 of the Warriors' first round 2016 postseason series against Houston – an injury typically requiring a 4-6 week recovery – he reportedly received a plasma rich platelet injection in his MCL. Curry returned only two weeks later to play in the Conference Semifinals victory against Portland – scoring 40 points and setting an NBA record with 17 points in overtime.

Warriors fans may have learned about platelet rich plasma injections for the first time after Curry's injury, but PRP injections are not new – we in the sports medicine community have used PRP to speed healing in soft tissue injuries in professional athletes for nearly two decades. While the Warriors have access to the most cutting-edge treatments available, what about the weekend warrior at the local health club or the high school athlete trying to get a scholarship?

Until relatively recently, PRP injections were not available to most recreational and amateur athletes. However, over the past few years, the medical community has begun to embrace PRP as a viable option for our nonprofessional athletes too. In my practice as an orthopedic surgeon specializing in sports medicine, I began using PRP as a valuable treatment tool around five years ago, and have been very impressed with my patients' outcomes. However, PRP can be costly and usually is not covered by insurance. And like any medical procedure, patients should be informed about the potential benefits and limitations in order to make educated healthcare decisions.

Our blood is made up of three components: red blood cells (94 percent), white blood cells (less than 1 percent), and platelets (6 percent), which are all floating in a liquid called "plasma." Platelets are like little balloons filled with molecules, and these molecules, called growth factors, can stimulate wound healing and decrease inflammation. When platelets encounter damaged tissue in the body, they release their contents, encouraging healing. White blood cells, on the other hand, contain pro-inflammatory molecules and can be inhibitory to this healing process. The creation of PRP removes the red and white cells from the plasma, leaving behind a very high concentration of platelets. Physicians can use PRP to mimic and enhance the natural healing process by delivering high concentrations of a patient's own platelets to an injured area, stimulating the body's regenerative and anti-inflammatory responses.

To create PRP, a vial of blood is drawn from a patient's vein similar to how a lab might check cholesterol levels. The vial of blood is then placed into a centrifuge that spins the blood at a very high speed and separates the blood cells from each other. After the red and white blood cells have been removed, the physician draws the yellow-colored plasma, now called "platelet rich plasma," into a syringe. This is then injected into the area the physician intends to treat.

A major advantage of PRP compared to other treatment options, such as steroid injections, is that PRP seems to have very few side effects. Since a patient's own platelets are being injected, many issues encountered with steroid injections, such as tendon and cartilage damage, are not seen. Minor side effects have been reported including some short-term local discomfort at the site of the injection, but generally, PRP injections are very well tolerated.

The evidence in support of PRP shows positive outcomes in a broad range of musculoskeletal injuries. In addition to partial ligament tears, such as Steph Curry's MCL injury, PRP has shown impressive pain relieving properties in general wear and tear pain in the joints, also called osteoarthritis, or often just arthritis. Treatments for arthritis typically involve ice, anti-inflammatory medications, and steroid injections. Numerous recent studies have shown PRP to be more effective than more traditional treatments in improving pain and function in arthritis pain. A recent randomized, double-blind placebo-controlled trial with one PRP injection per week for three weeks in a row into painful arthritic knees showed almost an 80 percent improvement in outcome compared to placebo one year after the injections. In my own practice, I have been most impressed by PRP's use in treating arthritis, and find that this produces some of my most satisfied patients.

PRP is a safe, effective and exciting treatment option previously reserved for only the highest level athletes. While you may not get to play in Oracle Arena, at least with this treatment, you too can have access to the same treatment as a local hero and two-time NBA MVP.



Dr. Kevin Roth is a Board Certified and fellowship trained orthopedic surgeon specializing in Sports Medicine who practices in Oakland and Dublin, and lives in Orinda with his wife and two children. More information about Dr. Roth's practice can be found at www.KEVINROTHMD.COM.

live better
live lean

living lean.
by Sheena

Living Lean Most Frequently Asked Question:

When I Diet I Lose 10-12 lbs and Then I Can't Lose Anymore... Why Is That?

Eating too little over a period of time eventually forces your body to breakdown protein, eliminating muscle and reducing your metabolism.

What is the Solution?

Focus on:

1. Food Content
2. Portion Sizes
3. Meal Frequency
4. Variety

Make sure you have an effective balance of strength and cardio workouts!

Contact us for more information:
(925) 360-7051

Read Client Testimonials at
www.livingleanprogram.com



LUMINANCE VISION
OPTOMETRY

Healthy Eyes in a Digital World

By Dr. Mei Fleming, O.D.

With digital devices being such a big part of our lives, many individuals, including children, suffer a range of symptoms collectively known as digital eye strain. In an effort to combat digital eye strain, many eye doctors are prescribing computer specific glasses with special lenses and filters. Maintaining your eye health through regular eye exams has never been more important.

The eyes are the window to your whole body wellness. It's the only part of the body where blood vessels and nervous tissue are visible allowing an eye doctor to detect early signs of health problems such as diabetes, hypertension, hypercholesterolemia, autoimmune disorders, and brain tumors. Eye exams also test for dry eyes, headaches, cataracts, glaucoma, and much more.

Regular eye exams are especially vital in young children to test for clear vision, detect a lazy eye, and ensure development of binocular vision. Binocular vision helps with depth perception and tracking while reading and in sports.

For all these reasons, Luminance Vision Optometry is equipped with the latest technology to arrive at your most precise glasses prescription, screen for digital eye strain, and for early disease diagnosis. We have the capability of retinal photo documentation and non-invasive image scanning to identify defects at a cellular level.

If your exam shows that glasses are needed, Luminance Vision Optometry carries highly sought after eyewear collections from around the world. Most of our frames are designed in France and handcrafted in Japan by independent manufacturers who specialize in quality. In today's digital device world, preserve long term eye health and commit to your whole body wellness with regular eye exams.



Mei Fleming, O.D. is a Lamorinda resident and has been practicing optometry for over 17 years. She is the founder and principal optometrist of Luminance Vision Optometry in Lafayette. Dr. Fleming graduated with honors from the UC Berkeley Optometry School in 2001. She also holds bachelor degrees from UC Berkeley in Vision Science & Molecular Cell Biology.

Luminance Vision Optometry
3444 Mt. Diablo Blvd.
Lafayette, CA 94549
P 925.900.8977



Local spa focuses on the health benefits of massage

By Diane Claytor



Photo Bigstock

A dimly lit room. Relaxation music playing softly in the background. The slight scent from an aromatic candle. Warmed sheets and blanket surrounding you. Strong hands slathered with oil begin easing those tense muscles in your back and neck. The only thoughts in your head are “ahhhh. This. Feels. Incredible.”

This is what you could be feeling after experiencing a healing and therapeutic massage at Lafayette’s Sanctuaire — or at any of the other Lamorinda spas or massage facilities. (A recent search for local spas, massage therapists and facials produced the names of dozens of resources — everything from high-end spas to individual practitioners who will give you a massage or facial at your house.)

Massages and facials, sometimes thought to be mere pampering treats, are so much more. They can be powerful tools to help take charge of your health and well-being. Even the famed Mayo Clinic says that “massage is ... increasingly offered along with standard treatment for a wide range of medical conditions and situations.” Studies have shown massage is an effective treatment for reducing stress, pain and muscle tension and, the Mayo Clinic reports, it may also be helpful for anxiety, digestive disorders, fibromyalgia, headaches, insomnia, soft tissue strains, sports injuries and some forms of joint pain.

Best Health magazine goes even further, reporting on a 2010 study that found a massage can boost a patient’s white blood cell count, relieve tension headaches and improve cardiovascular health, as well as lower heart rate and blood pressure. It also increases the production of endorphins, the body’s natural feel good chemical. And well-beingsecrets.com reports that facials, while basically skin beauty treatments, also improve blood circulation, help prevent skin from aging, detoxify and

hydrate and lower stress levels.

Ann Crahan, co-owner of Lafayette’s Sanctuaire Spa, may not go so far as to make all those claims. But, as a massage lover herself, she certainly appreciates both the pampering and relaxation benefits of a massage or facial treatment, or, as she calls it, “my very own 50- or 80-minute getaway.”

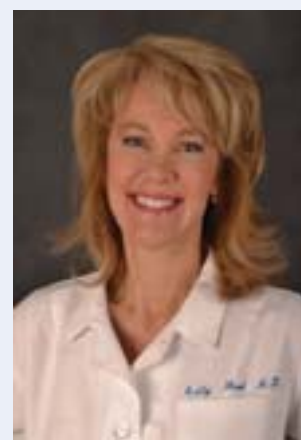
Crahan and her husband, Michael, purchased Lavande in Lafayette in 2016. An RN, Crahan fully understands the benefits of de-stressing, and had visions of expanding the services of the spa, which “we’re on our way to doing,” she reports. Last year, Crahan changed the spa’s name to Marilyn Monroe, joining a franchise created by hospitality industry veterans and former Walt Disney executives. “Not having a background in this type of business,” Crahan, who is a clinical systems analyst RN at John Muir Health, said, “I thought this was a good way to start.” A year later and learning that the Lamorinda community embraces independent businesses and entrepreneurs, Crahan has separated from the franchise, renaming the facility Sanctuaire Spa (French for sanctuary).

Sanctuaire, which is undergoing a refresh, refers to itself as “your French country oasis in downtown Lafayette.” It continues to be a one-stop shop, offering hair and nail appointments, massages and skin treatments and using all organic, all natural products. They have also begun doing HydraFacials, which, according to Crahan, uses a patented technology to cleanse, extract and hydrate. “The HydraFacial uses a super serum made with nourishing ingredients that create an instantly gratifying glow,” she said. New Beauty magazine reported that the HydraFacial, which they described as a “microdermabrasion and facial, all in one,” produces “a flawless look.” The spa also has a sauna, steam room and a couple’s Jacuzzi tub which, Crahan said, may be enjoyed before or after a massage treatment.

Within the next few months, Crahan said Sanctuaire plans on adding a med spa, overseen by a dermatologist. They will offer injectables, fillers, “possibly laser treatments and cool sculpting,” she said.

In today’s hectic, often crazed, world, who couldn’t use a little relaxation, de-stressing and even pampering?

Kelly Hood, M.D. DERMATOLOGY



“Check your skin today. Come see me if you have concerns or want to be certain. As a board certified Dermatologist and Lafayette resident I’m here to help.” Kelly Hood M.D.

1. CHECK YOUR MOLES AND BUMPS

Looking at your skin and noticing changes in your moles and bumps is very important. Skin cancer is the most common cancer in the U.S- but it is treatable if detected early.

- Self examination each month will help you detect changes. Warning signs include asymmetry, irregular borders or colors, a diameter greater than a pencil eraser or an increase in size.
- If you have a new lesion or changing growth, have it checked by a board certified dermatologist.

2. WEAR SUNSCREEN

Sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun. Picking the right sunscreen for you is important as it needs to be worn everyday on the face. 1 in 5 Americans will develop skin cancer in their lifetime.

- Wear broad spectrum sunscreen that protects against Ultraviolet A (UVA) and Ultraviolet B (UVB) rays, both of which cause skin cancer and photoaging.
- SPF30 or higher helps protect you from sun damage. An ounce of sunscreen, enough to fill a shotglass, is considered the amount needed to cover the exposed areas of the body.

3. PROTECT THE SKIN FROM OUTDOOR COLD AND INDOOR HEAT

Winter itch is commonly caused by dry skin. Be good to your skin this winter by protecting and moisturizing.

- Moisturize daily.
- Choose a moisturizer that suits you and makes your skin feel comfortable. Avoid fragrance.
- Be gentle with the largest organ in the body and prevent dry, itchy, irritated and flaky skin.

4. SKIN CONDITIONS SHOULD BE EVALUATED AND TREATED BY A BOARD CERTIFIED DERMATOLOGIST

- A dermatologist is a medical doctor with 4 years of medical school, one year of internship and 3 years of residency consisting of intensive training in the medical science of the skin, hair and nails.
- 50 continuing medical education hours per year are required after residency.
- This depth of knowledge can not be acquired any other way.

If you have a skin condition of concern, contact Dr. Hood. Dr. Hood accepts most PPO insurance. Initial office visits \$150, follow up office visit \$75.

Kelly Hood, M.D.

970 Dewing Ave, Suite 301 | Lafayette, CA 94549
925-283-5500 | <https://www.facebook.com/kellyhoodmd>



Are you in pain? | Do you feel stressed out? Do you just need a little relief?

At US Cryotherapy - Walnut Creek we're your new way to heal.

There are 4 main reasons why people visit our center.

Whether you're in chronic pain, acute pain from an injury or post surgery, have some muscle soreness from that new workout program, or would like to optimize yourself and your health, with our anti-aging technologies, we'll get you feeling better.

We offer a variety of different modalities to get you out of pain and optimize your health.

WHOLE BODY CHAMBER

- Enhance Circulation
- Improve Sleep & Mood
- Reduce Pain & Inflammation

LIGHTSTIM LED LIGHT THERAPY

- Improve Complexion
- Reduce Fine Lines
- Tone and Tighten
- Muscle Pain Relief
- Reduces Stress and Fatigue
- Reduce Minor Joint Pain and Stiffness
- Reduced Inflammation

LOCALIZED

- Improve Local Circulation
- Increase Range of Motion
- Reduce Pain & Swelling

RED LIGHT ROOM

- Reduces Joint Inflammation
- Fades Scars and Stretch Marks
- Enhances Muscle Recovery and Peak Performance
- Repairs Sun Damage and Reduces Wrinkles

HYDRO MASSAGE BED

- Relax & Soothe Muscles
- Improve Circulation
- Reduce Stress

NORMATEC COMPRESSION

- Enhance Recovery
- Reduce Soreness
- Clear Cellular Waste

CRYO FACIAL REJUVENATION

- Promote Skin Health
- Stimulate Collagen
- Blemish Reduction

Our Special

Readers of Lamorinda Weekly receive a discounted Platinum Package Experience. For only \$37 you can select 3 different services when you come in (not including infrared sauna as that requires a 1 hr reservation).

Whether you're looking for Wellness & Recovery, Health & Beauty, or a little bit of both, call us today to schedule a time to come in, or book a time on our website.



925-464-2796
7001 Sunne Lane Suite 112, Walnut Creek
USCryoWC.com

Ways to reduce your pain without medications, part two

By Richard C. Shinaman, M.D.

In the face of an ongoing effort for state and federal governments to limit access to opioid containing pain relieving medications, a number of guidelines have been recently enacted that recommend that doctors prescribe less or even no pain medication. Many patients find that despite years of pain relief from pain medications, their doctors are suggesting that they stop their medication or even refuse to prescribe them anymore. Primary care doctors in particular have become very reluctant to prescribe any pain medication to even long-term patients.

Many patients want to know what to do and how they can treat the pain conditions that they have in light of these new recommendations and restrictions. All too often, we have found that a patient is asked to reduce or stop the amount of medication they are taking, but the

doctor does not have enough time to review alternative treatments that may replace the use of the pain medications that the patient relied upon in the past. The following are two of several options to alleviate pain without medications. I'll highlight additional options in future Lamorinda Weekly issues. I hope that the information below can be helpful to patients looking for ways to reduce pain from any number of pain-related conditions.

Vitamins and Supplements

Although the research is less clear about the long-term use of supplements, there are supplements that many physicians feel to be safe and potentially helpful for patients that suffer from chronic pain related conditions. In addition, many supplements and vitamins have a much lower side effect profile than more potent prescription medications. I don't think it makes good sense and is actually unhealthy to take a big handful of supplements each day, but certainly the targeted use of some vitamins, minerals, and herbs can really help with many conditions.

Current research shows that many of us become deficient in various micronutrients over the course of our lives. It is not clear if this is related to modern agricultural techniques, dietary deficiencies, or environmental exposure and everyone agrees that it is better to get these nutrients from whole foods rather than in a pill form. That said, adding a comprehensive high quality multi-vitamin may be a good way to ensure that you are getting high enough levels of various minerals and vitamins.

Vitamin D deficiency is a common source of musculoskeletal pain in older adults and various types of B vitamins can be used to treat pain related to nerve pain. Vitamin C is felt by some to have anti-inflammatory properties and some trials have shown promise with treating various diseases with moderate doses of Vitamin C. Curcumin or turmeric and refined fish oils can have relatively potent anti-inflammatory properties as well.

I often recommend my patients use L-carnitine and alpha lipoic acid together for any sort of neuropathy or even chemotherapy induced nerve damage. Melatonin and glycine can be used together to treat insomnia and is considered to be a much better choice than becoming dependent on sedative hypnotics like clonazepam or zolpidem. It is important to remember that supplements can have adverse effects as well so discuss any plans to use these supplements with your own doctor before starting them. I also caution readers that studies have shown many popular brands of supplements actually have very little of the active ingredients in the capsule. It pays to do your homework for which brands undergo purity and safety testing.

Sleep

Almost all of us are all too well aware how a poor night's sleep can wreck our ability to have a good day. Many Americans are chronically sleep deprived and ongoing sleep deprivation leads to higher circulating lev-

els of stress hormones and pain generating neurotransmitters.

One of the easiest things to do is to pick a consistent time to get up and to go to bed each day. While this may be difficult at first, over two to four weeks, this will generally result in better and more consistent sleep.

We often unintentionally set ourselves up for a bad Monday morning when we stay up late all weekend, sleep in, and then reset our internal clock just in time to need to wake up early for work or school at the start of the week. Just as important is the ability to avoid fixating on backlit screens leading up to bedtime. Most doctors believe that our constant attachment to bright LCD televisions, computer screens, and smartphones has greatly impacted our patient's ability to get restful sleep.

Poor sleep often goes hand in hand with no physical activity and spending limited time outdoors in natural sunlight. Several studies now have shown that if we are more physically active, we typically sleep much more soundly and also suggest that being outside or in sunlight during daylight hours produces more restful sleep after the sun goes down.

As suggested above, try and move around at least a little during the day and feel the sunshine if you can. If sleep is an issue, it typically over time will make your mood and any pain worse so rather than turning to prescription medication solutions, start with the above tactics first to try and turn things around.



Dr. Richard C. Shinaman, of Pain Medicine Consultants, is board certified in anesthesiology and pain medicine. Dr. Shinaman trained in anesthesiology and critical care medicine at Stanford University. He completed an accredited pain medicine fellowship at the Mayo Clinic. He has been a very busy and valued member of the medical community in Northern California for over a decade. His overall goal is to try and help people to suffer less and live more. He has published book chapters and a number of scientific articles on the treatment of painful diseases and how to treat them. More information can be found out about his current medical clinic at painmedicineconsultants.com. Most patients can request a consultation through the online web portal. His practice contact number is (925) 287-1256.

Diablo Acupuncture

Experience the Difference

Dr. Sophia Scheffel, L.Ac has received both her masters and doctorate in acupuncture and Chinese Medicine. Dr. Scheffel has expertise in treating chronic pain; allergies, asthma and immune disorders; sleep, anxiety, depression and other mental emotional imbalances as well as oncology support.

She's a Lamorinda native, having graduated from Miramonte in 1998 and wanted to bring her practice back to the area in which she grew up to help her community attain optimal health.

Consider acupuncture and working with Dr. Scheffel to bring yourself into optimal health.



Dr. Sophia Scheffel, LAc
925.268.0117
diabloacupuncture.com

Non-invasive Testing to Diagnose Skin Cancer

By Christine Chung, MD

Mr. R is a 58 year old man with a history of recurrent basal cell carcinoma; in 2013 a dermatologist treated skin cancer on the right side of his nose by shaving off layers of skin in what is called Mohs surgery. Three years later, in 2016, Mr. R developed a basal cell carcinoma on the left side of his nose and got treated with radiation therapy. Recently, he noticed a new rough red spot on the left side of his nose. While concerned that it might be cancer, his immediate reaction was something many people can identify with: "Is there any other way to diagnose skin cancer without cutting off a piece of my skin?"

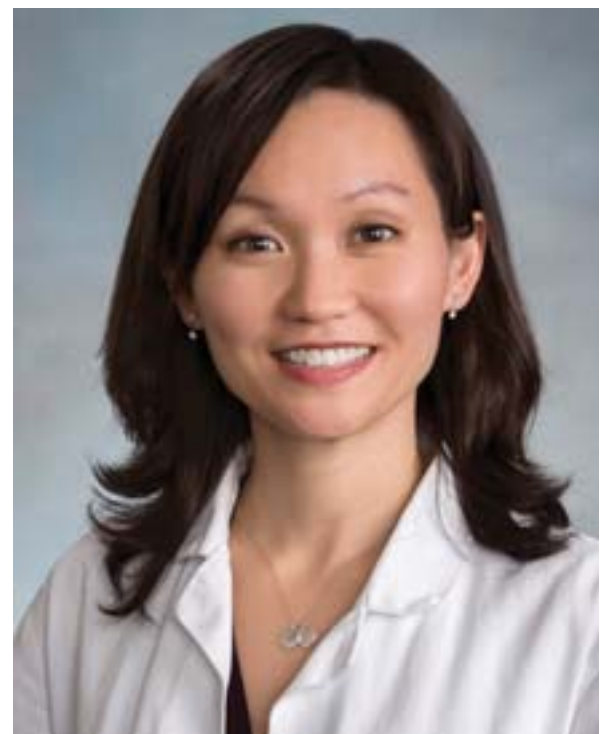
Basal cell carcinoma (BCC) of the skin is one of the most common malignancies diagnosed in the US, with over 4 million new cases each year. The lesions occur most frequently on sun-exposed skin in Caucasians, and people who have a history of BCC are at a higher risk of developing future lesions. BCC is associated with exposure to ultraviolet light from the sun, tanning beds, therapeutic radiation, or immunosuppression. BCC also occurs more often in men over 40 years old.

Basal cell carcinoma may be diagnosed by a doctor during a clinical examination, but a skin biopsy is usually done to confirm the diagnosis. Shave biopsies or punch biopsies are often performed, or lesions may be surgically removed for diagnosis. Unfortunately, the best way to diagnose skin cancer is by undergoing a biopsy.

Fortunately, researchers are developing less invasive methods for diagnosing skin cancers, such as Dermtech's Pigmented Lesion Assay, or PLA. This PLA test uses a sticky adhesive patch (similar to Scotch tape) to gather skin cells from a lesion. The sample is then analyzed for specific RNA molecules to diagnose melanoma, with a reported false positive rate of <1%. This test is available for the detection of melanoma, but the company is also developing a similar test for other skin cancers as well. Initial studies of this method showed promising results in identifying primary basal cell carcinomas and squamous cell carcinomas. For a patient, this would mean that instead of undergoing a procedure with a scalpel, the diagnosis could be made without any incisions at all.

To answer my patient's question: unfortunately, for now, the answer is no – biopsies remain the best method for diagnosing skin cancers. In the future, however, newer genetic tests may allow doctors to diagnose skin cancer non-invasively, without the need for scalpels or stitches.

Dr. Chung is a board certified radiation oncologist with Diablo Valley Oncology & Hematology Medical Group in Pleasant Hill. She has a special interest in treating skin and breast cancer. Dr. Chung sees patients in Pleasant Hill and Berkeley. For more information call: 925-677-5041.



Orinda Troop 237 helps Santa Rosa rise from the ashes

Submitted by Lisa Hoskins



Max Coons, Jackson Painter, Campbell Hoskins, and Marcus O'Neill

Photo provided

In the wake of the devastating North Bay fires, Orinda Troop 237 Boy Scouts, Max Coons, Campbell Hoskins, Marcus O'Neill, and Jackson Painter, wondered how they could help. A call to the Santa Rosa Boy Scouts of America councils revealed a Santa Rosa Troop that had lost all its scouting supplies – supplies needed to continue on with meetings, advancement, campouts and its own community service projects. Santa Rosa Troop 707 stored its supplies in the homes of its scoutmaster, assistant scoutmaster and Troop committee chairman. Sadly, all three homes – plus 20 percent of their troop families' homes – were lost in the fires.

"Because the supplies were held in private homes, insurance is only covering a small portion. So we decided to help replace the Scouting supplies they lost," explains Coons. The Orinda boys organized a donation drive within Troop 237 and the outer community. The troop ended up delivering a large truck full of camping gear to Santa Rosa that will first be offered to the individual families who lost their homes, then everything left will be used for troop supplies.

O'Neill expressed, "It was a shock to see the debris of the trailers, supplies, and houses that were completely wiped out."

Plus, over a 10-day period, current and former Troop 237 Scouts and families contributed \$4,200 in cash and gift cards for the Santa Rosa Troop. "One of the things they lost was their big trailer and storage unit, which they had just restored and repainted. With our money, Troop 707 plans to purchase a new trailer," said Hoskins. Painter said, "In Scouting, we focus on helping the community, and this time, we were able to do that and also help fellow Scouts and families who needed us."

Troop 237 is thankful to Orinda Troop 303 and Lafayette Troop 200 who immediately pitched in with generous support after hearing about the fundraising efforts. In all, nearly \$7,000 plus supplies were donated to Troop 707 and its families. Troop 707 expressed their gratitude, "These Scouts made it their mission to reach out and help us soon after the fires struck. We are proud to be part of an organization that is so ready to help their fellow Scouts in need."

One Eagle Scout's reflection on helping others

Submitted by Ana Ramirez



Julian Ramirez delivers backpacks to UCSF Benioff Children's Hospital Oakland. Photo provided

Julian Emmanuel Ramirez joined Cub Scouts Pack 54 in Moraga when he was 6 years old. "In fifth grade I earned my Arrow of Light rank and was promoted to become a Boy Scout, joining Troop 234," he said.

The way he has grown in scouting from being a 6-year-old to now a 17-year-old junior at Campolindo High School, he says, has been a fantastic experience. "I have a giving a spirit; I strongly believe I got that from my parents who are always volunteering their time and helping others." Ramirez says teachers, family and friends would describe him as an introvert "because I am pretty quiet guy and keep to myself," he says. But he also enjoys politics and debate and is currently in Youth and Government. He's also been a member of a Dragon Boat Rowing Team since eighth grade.

For his Eagle Project, Ramirez wanted to "do a project that would directly benefit children in need and help make someone's day a little brighter." He contacted UCSF Benioff Children's Hospital Oakland and made a proposal: to put together backpacks with school supplies for the children who are hospitalized long-term.

The idea was born from personal experience. When he was 13 years old, Ramirez developed a disorder called ITP in which his immune system destroyed a large amount of his platelets and he was hospitalized.

"I know being cooped up in a hospital

room for too many days can be boring. I also know that being in the hospital is not cheap because parents often have to pay high co-payments," he says. "I wanted my Eagle project to lessen the burden of buying school supplies for kids whose parents were already in distress over their ill child. After getting the OK from Children's Hospital I began to draft a plan and a budget on how I would accomplish my goal."

Ramirez's initial goal was to donate 40 backpacks. With the help of Minuteman Press in Lafayette, which donated 400 flyers for his project, Ramirez, along with some of his fellow Scouts, distributed all 400 flyers in his neighborhood asking for donations using the model of scouting for food.

"I also spread the word through social media and through word of mouth. I surpassed my goal of 40 backpacks and was able to assemble 103 backpacks with school supplies," he says.

The backpacks were delivered to Children's Hospital Oakland on Oct. 19. "My Eagle Project was a total success exceeding my expectations."

While in scouting Ramirez earned over 57 merit badges which, he says, taught him many skills such as CPR, wilderness survivorship, finances and he served in many leadership positions. "I was also selected to 'Order of the Arrow,' which is the Honor Society of Scouting.

"Scouting has taught me a lot about responsibility, respect, compassion, and kindness. I want to express my deepest gratitude to Troop 234 and the volunteers who have mentored me throughout the years, to my community, family and friends for supporting me through the many fundraisers and to my parents Ana and Jose Ramirez for being my No. 1 mentors and for your unconditional love and support in this great life scouting adventure."

Ramirez wanted to give a special thank you to Patricia Hernandez of Lulu's Printing for the embroidery on the backpacks and to Minuteman Press in Lafayette for printing the flyers for his project.

What's next for Ramirez? "Getting ready for my SATs, attending college in fall of 2019 and pursuing a career in law with an emphasis in civil rights work."

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 with the subject header In Service to the Community.

Dining for Women: changing the world one woman, one girl, one dinner at a time

By Sora O'Doherty



Members of the Lamorinda chapter of Dining for Women enjoy an Indian pot luck meal while donating for an Asian Initiatives project to benefit women and children in Northern India.

Photo Sora O'Doherty

What if, just by going out for dinner with friends, you could benefit women and girls around the world? That is the premise of Dining For Women, a group that raised more than \$5 million between 2003 and 2015 for projects that promote gender equality and empower women living in the developing world to become economically self-sufficient.

Dining for Women, founded by Marsha Wallace, a former nurse and mother of four from Greenville, South Carolina, has hundreds of chapters around the county; the Lamorinda chapter meets in Orinda. At the January dinner, funds were raised for a project in northern India to help women start small businesses raising and selling chickens. Asia Initiatives' poultry farming project in Shohratgarh, India, reaches the most disadvantaged women and girls in some of the poorest communities.

The way it works is that instead of going out to a restaurant for a meal with friends, members have a pot luck dinner and then contribute what they would have spent on dinner to a project to help women and girls around the world. Participants can choose a typical regional recipe suggested by the organization or bring one of their own choosing. The projects are selected by the national organization, and diners watch a video about the project at the dinner.

The selected projects are designed to

educate girls, teach women a skill, help develop markets for their products, and fight the prevalent gender inequality in the world. According to its website, Dining for Women aims to give a hand up, not a hand out. The grant selection committee vets scores of organizations every six months, ultimately choosing 12 a year as recipients of grants of up to \$50,000.

The local chapter meets the second Wednesday each month, although in February this year they will meet on the third Wednesday. At the January meeting, participants said that they enjoyed the fabulous program, calling it so much fun, and citing the powerful relationship of women to food.

Over dinner, the women discussed some favorite past projects, such as one that manufactured eco-friendly sanitary pads out of banana leaves to combat the problems of girls in Africa who cannot afford commercial pads and consequently may miss school on days that they have their periods. Another popular project taught women to build stoves. The women agreed that they liked the fact that the organization is very transparent, has few paid employees and keeps administrative costs low, and noted that the subtext is, how do you create change from within?

More information about Dining for Women is available <https://diningforwomen.org/>.

Assistance League Way Side Inn Thrift Shop expands designer event

Submitted by Betty Miller



Photo provided

Appropriately located on Golden Gate Way, under the watchful eye of Marquise Lafayette, the well-known landmark of the Assistance League's Way Side Inn Thrift Shop will become a purveyor of high-end handbags and garments at its "Handbags, Lingerie and Designer Dresses" event beginning on Tuesday, Feb. 6, which will feature the creative geniuses of Dooney & Bourke and Coach, American designers who were inspired by modern world nuances.

Engineered with the highest regard for materials and craftsmanship during the 1940s through the 1990s, such features as expertly structured, timelessly chic, elegant but functional, and glamorously on-the-go define these American signature pieces. Whether you purchase a shoulder bag, satchel or grip, you will enjoy years of durability and luxury. This event will include other brand name handbags, as well.

Thanks to a timely donation of designer dresses and lingerie, more than 200 items have been added to this event. While the blue smocked volunteers are averse to dropping names, such labels as Gucci, Galiano, Valentino, Prada, Dior, YSL, La Perla, Lejaby and Fellini, they will attest that the walls do have ears. These treasures will give new meaning to Valentine's Day 2018. Treat yourself to such well-deserved high-end niceties as dresses, skirts, lace tops, slacks, camisoles, pajamas, shapewear and peignoir sets at patron-friendly prices.

Support for the Assistance League Way Side Inn Thrift Shop improves the lives of children and adults in our community who are vulnerable. To learn about the hands-on philanthropic programs primarily funded by the Assistance League Way Side Inn Thrift Shop, visit diablovalley.assistanceleague.org.



When I say "good,"
you say "neighbor."

Mike Rosa
Agent
925-376-2244
Insurance Lic. #: OF45583
346 Rheem Blvd., Suite 106
Moraga

Now that's teamwork.
CALL FOR A QUOTE 24/7



P097314.1 State Farm Home Office, Bloomington, IL

Lamorinda's Religious Services



St Stephen's Episcopal Church

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

JOIN US FOR WORSHIP

ALL ARE WELCOME

Sundays, 9:30 am & 5 pm



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. Traditions Worship Service
9:45 a.m. Education for all ages
10:45 a.m. Celebrations Worship Service
Coffee Fellowship at 9:30 and 11:45 a.m.
Childcare available for ages 5 and younger



Sunday Sacrament Service at 10AM

Scripture Study &
Youth Programs

Everyone welcome!

3776 Via Granada, Moraga



10 Irwin Way, Orinda | 925.254.4906 | www.orindachurch.org
"No matter who you are, wherever you are on life's
journey, you are welcome here!"

Join us Sundays at 10 a.m. | Sunday School 10 a.m.



Lafayette United Methodist Church

955 Moraga Road 925.284.4765 thelumc.org
Sunday 10am Worship and Faith Formation for all ages

Opportunities to Love God, Love Others,
and Serve the World

St. Anselm's Episcopal Church A Loving Community

Sunday Services: 8 and 10 AM

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

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

Where all are welcome, nobody is perfect,
and anything is possible with God.



- Sunday Worship 9:00 & 11:00 a.m.
- Programs for all ages
- Guest Speakers & Workshops
- So much more! Connect with us today!

49 Knox Drive • Lafayette, CA • (925) 283-8722 • LOPC.org • #LOPC

ORINDA CHRISTIAN SCIENCE CHURCH

24 Orinda Way (next to the Library) - 254-4212

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

◆ Not to be missed ◆ Not to be missed ◆

ART

"**Intention**" Exhibit of new work by **Dee Tivenan**, Jennifer Perlmutter, Victoria Huckins, Merl Ross and others runs through Jan. 27 at the Jennifer Perlmutter Gallery, 3620 Mt. Diablo Blvd. You are invited to stop in this month and see the artists chosen, read the titles they give their work and ponder the metaphor, subjects, colors and stories they bring to their work. Check the website for details: www.jenniferperlmuttergallery.com.

Valley Art Gallery presents "Wintermission" – the show between shows, features selected works by Gallery artists designed to brighten and warm even the longest winter days. This offering of over 300 original paintings, photography and other wall art on unique sliding panels runs through Feb 10. Demonstrating a wide range of motifs, styles, media and prices, and representing the best of the best from more than 100 East Bay artists, the exhibition is a must-see show for residents of the Diablo Valley.

"**Darker Shades of Red**" provides a rare opportunity to revisit the Cold War Era through the exploration of the Soviet Union's official imagery Feb. 7 – May 20 at the Saint Mary's College Museum of Art. The collection of 55 posters reveals the economic, social and political ideology of the Soviet Union during the Cold War. The Museum is open Wednesday through Sunday, 10 a.m. to 4 p.m. Admission is free. www.stmarys-ca.edu/museum

Two Ukrainian Egg Decorating Workshops (Pysanky), a wax and dye technique taught by Folk Artist Evie Michon, will be held from 9 a.m. to noon and then from 1 to 4 p.m. on Saturday, Feb. 17 at Holy Shepherd Lutheran Church, 433 Moraga Way, Orinda. Each Workshop is \$25, limited to 20 people and includes all materials. Ages: third grade-adult. RSVP to Sharon at (925) 284-4199.

MUSIC

Ensemble ARI, a group of Korean American musicians in the Bay Area dedicated to classical music that connects to the community, will be collaborating with Calxstone, an early music ensemble that specializes in the music of Western Europe from the 13th through the 15th centuries, for a performance at 8 p.m. Jan. 26 in the Saint Mary's College Chapel. The free concert will feature music by Brahms, Gordon, and 15th century German composers.

Gold Coast Chamber Players concert, Fantezie at 7:30 p.m. on Saturday, Feb. 3 in the Lafayette Library Community Hall. Tickets: \$45 General, \$40 Senior, \$15 Student. Purchase online at www.gcplayers.org or by phone at (925) 283-3728.

Live at the Orinda Theatre Concert Series opens at 7:30 p.m. on Feb. 1 with Tony Award winner John Lloyd Young. The stunning venue will be a place where audiences will experience exceptional performers at close range in an exceedingly elegant setting. Tickets start at \$50 and are available at the Orinda Theatre box-office and online at www.lamorindatheatres.com.

Exciting, impish, and gorgeous original music with occasional reference to Broadway, Prokofiev, and New Orleans — all this imaginatively performed on stage by composer pianists themselves at 7:30 p.m. Friday, Feb. 2 at Grace Presbyterian Church 2100 Tice Valley Blvd near Rossmoor in Walnut Creek. This free

event is sponsored by the Contra Costa Performing Arts Society (www.ccpas.org) with donations supporting its student scholarship program.

Pacific Chamber Orchestra, under the direction of Maestro Lawrence Kohl, presents "Golden Strings" including Samuel Barber's heartfelt Adagio for Strings, Edward Elgar's gorgeous Serenade for Strings, Richard Strauss' Symphony for Strings Op. 2 and Mendelssohn's exuberant String Symphony No. 1 at 7:30 p.m. Saturday, Feb. 17 in the Community Hall of the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd. Tickets are \$10 - \$59 and are available at the door or www.PacificChamberOrchestra.org. Children are free with adult.

THEATER

SMC Jan Term Theatre Performance: "Puss n' Boots," from Jan. 30 to Feb. 2 at the LeFevre Theatre, 1928 Saint Mary's Road, Moraga, follows a sassy cat, dressed in her trademark red leather boots, who promises to solve the problems of a poor miller's son. In this comedy, Puss charms the Queen, befuddles the Prime Minister, defeats the powerful wizard Kazaam, and helps her shy master and Princess Sweetiepie fall madly in love. Tickets: \$8 morning performances; \$12 evening. Visit <https://www.stmarys-ca.edu/pussnboots> for tickets and times.

Diablo Ballet celebrates the New Year with the second program of its 2017-18 Season, "Harmonious Beauty," at 8 p.m. Feb. 2 and at 2 and 8 p.m. on Feb. 3 at the Del Valle Theatre in Walnut Creek. The program is composed of four unique ballets and one short film, including a World Premiere by Danielle Rowe. Immediately following each performance, ticket holders are invited to stay for a post-performance Q&A with dancers, choreographers and musicians followed by a dessert and coffee reception where you can meet and mingle with the dancers. Tickets are \$25-47. For tickets, call (925) 943-SHOW (7469) or visit www.lesherartscenter.org or www.diabloballet.org.

KIDS, PARENTS & TEENS

Seventh and eighth-graders from all three Lamorinda Middle Schools are invited to the LYC's first Tri-City Dance of the year from 7 to 9 p.m. Friday, Jan. 26 the Lafayette Community Center. Tickets are \$5 and must be purchased prior to the dance. To purchase tickets or for more info, visit www.lafayetterec.org or call (925) 284-2232.

Mindful Littles Care Kits and Crafts for Lucile Packard Children's Hospital Stanford from 3:30 to 3:45 p.m. on Sunday, Jan. 28 at Holy Shepherd Lutheran Church, 433 Moraga Way, Orinda. Learn about the Children's Hospital and the patients and families Mindful Littles is helping, practice mindful movements and compassion together, assemble care kits for patients and babies, and put together Kindness Crafts to take home. Recommended for children 3-12. Tickets \$45 at <https://www.eventbrite.com/e/care-kits-crafts-for-lucile-packard-childrens-hospital-stanford-tickets-42100571944>.

Miramonte High School Boosters Club Celebrates its 36th Year Supporting Student Athletes with a Mardi Gras Madness Celebration from 5:30 to 8 p.m. Sunday, Jan. 28 at the Moraga Country Club. The Mardi Gras Madness Celebration will be an important fundraising opportunity for the club, as it kicks off its "Buy a

Bleacher" program, which will support enhancements to the gym and other funding needs. Further details about Mardi Gras Madness, the Boosters Club and donation opportunities can be found on www.miramonteboostersclub.com. Donations can also be sent to Miramonte Boosters Club, P.O. Box 1961, Orinda, CA 94563.

Mt. Diablo Peace and Justice Center is organizing its seventh annual conference, "Creating A Peaceful School." The year's conference topic, "Addressing Racism," provides a daylong opportunity to explore how we can use the school and classroom practices to identify and address subtle and overt elements of racism. Breakout sessions on a variety of topics will focus on sharing learning strategies and skills and will be relevant to elementary and secondary educators, school personnel and students. It will be held from 9 a.m. to 4 p.m. Saturday, Feb. 3 at Mt. Diablo Peace and Justice Center at 1035 Carol Lane in Lafayette. Registration fee is \$50 (or \$10 for high school and undergraduate college students). Morning refreshments and a catered lunch are included. Full descriptions and register at <http://creatingpeacefulschools.weebly.com>.

Diablo Ballet's Prima Ballerina kids club invites children of all ages to a special, free story time at 4:30 p.m. on Tuesday, Feb. 6 at Nordstrom Walnut Creek Kidswear Department (1200 Broadway Plaza). Costumed performers will read an interactive version of the classic children's story "Angelina Ballerina." When a young mouse wants to become a dancer, she studies and trains in hopes of becoming a famous "prima ballerina." Free. For more information, call Diablo Ballet at (925) 943-1775 or visit DiabloBallet.org.

OTHER

Introduction to Chair Yoga at 1 p.m. Thursday, Jan. 25 in the Orinda Library Garden Room. Students will be led through a 30-minute class that combines poses, breath work, and body awareness during this introduction to chair yoga presented by Atma Yoga Studio.

Contra Costa Tale Spinners at 7 p.m. Thursday, Jan. 25 in the Orinda Library Garden Room. Join us for a story swap with featured teller, Ben Tucker, who will tell a few stories from his memoir, "A Good Run." Share, listen, expand your universe.

SEED is hosting a screening of an award-winning documentary called "Swim Team" about a New Jersey swim team that is comprised of athletes on the autism spectrum, followed by a discussion moderated by Lafayette School District Psychologist Jenna Krook at 6 p.m. Friday, Jan. 26 at Lafayette-Orinda Presbyterian Church, 49 Knox Dr., Lafayette. For info, visit <http://www.seedlafayette.org/event-2764484>.

Pride Sunday Worship Service at 9:30 a.m. Wednesday, Jan. 28 at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. Guest musicians are the Oakland-East Bay Gay Men's Chorus, guest speaker Dr. Shau-na Hannan, associate professor of homiletics at Pacific Lutheran Theological Seminary. Come help celebrate a welcome for all of God's children!

... continued on next page

Please submit
events:
calendar@lamorindaweekly.com

Film Clips

'I, Tonya'

By Derek Zemrak

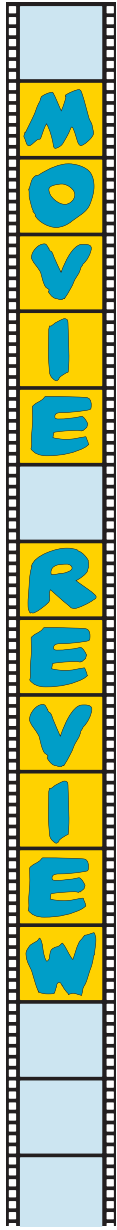


Image provided

I know what you are thinking: I know the story and I don't want to see it or hear it again. But you are wrong. "I, Tonya" is a very well-crafted independent film that will make you think differently about Tonya Harding and the infamous attack on Nancy Kerrigan. Trust me on this one.

Based on the unbelievable, but true events, "I, Tonya" is a darkly comedic tale of American figure skater Tonya Harding, and one of the most sensational scandals in sports history. Though Harding was the first American woman to complete a triple axel in competition, her legacy was forever defined by her association

with an infamous, ill-conceived, and even more poorly executed attack on fellow Olympic competitor Nancy Kerrigan. Featuring an iconic turn by Margot Robbie ("The Wolf of Wall Street," "Goodbye Christopher Robin") as the fiery Harding, a mustachioed Sebastian Stan ("Captain America") as her impetuous ex-husband Jeff Gillooly, a tour-de-force performance from Allison Janney ("West Wing") as her acid-tongued mother, "I, Tonya" is an absurd, irreverent, and piercing portrayal of Harding's life and career in all of its unchecked and checkered glory.

Janney recently won the Golden Globe for her portray-



al as Tonya's outrageous, abusive mother and an Oscar will be handed to her in March at the 2018 Oscar ceremony. Allison, a six-time Emmy Award winner, truly transformed herself. Clips of her performance will be used in years to come as one of the most hated characters in cinematic history, right alongside Nurse Ratched and Hannibal Lecter.

The remaining cast also delivers solid performances. You can tell on the screen that they studied every nuance of the notorious characters they are portraying. Margot Robbie received a Golden Globe nomination and most likely will receive an Oscar nod.

"I, Tonya" is directed by Craig Gillespie ("Million Dollar Arm," "The Finest Hour") and is his best directorial film.

Don't let the trailer mislead you. This is a movie you will enjoy and leave the theatre saying, "Wow, I didn't know or remember that."

"I, Tonya" received a R rating by the MPAA for pervasive language, violence, and some sexual content/nudity. It has a total running time of two hours and is now playing at the Orinda Theatre.

Service Clubs Announcements



Meets Friday mornings at 7:00 am at The Lafayette Park Hotel & Spa, Mt. Diablo Blvd, Lafayette. Check us out at www.lamorindasunrise.com or email us at lamorindasunrise@gmail.com

January 26

The many sides of our very own Don Jenkins revealed. You won't want to miss it!

February 2

Meet Catherine Baker, a different kind of Legislator, California State Assembly member. Representing the 16th. Assembly District since 2014

Friendship, Fellowship, Service to Others and Fun

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.

January 25:

Hector Garcia Martin

Joint BioEnergy Institute - Finding ways to convert non-food organic plant material into fuel.

February 1:

Budd Mackenzie

Empathy on the Decline - Narcissism on the Rise What if Anything Can We Do

www.rotarylafayette.org

www.facebook.com/Rotary-Club-of-Lafayette-Ca-197392963631366

Please submit events to: calendar@lamorindaweekly.com

Not to be missed

OTHER ... continued

Third Annual Mega Challah Bake – Join dozens of Jewish women and girls ages 12 and up from Lafayette, Moraga and Orinda for an evening of Jewish pride, unity and inspiration at 7 p.m. Wednesday, Feb. 7 at the Lafayette Library Community Hall. Unite women and girls of all ages and sections of the Jewish community and learn how to make easy, delicious Challah and the meaning of the mitzvah. Create two delectable loaves to bring home for Shabbat. Already mastered the art of Challah baking? Come and help guide others. Couvert: \$20 before Jan 31. Mother and Daughter \$36 Pre-paid registration required. Register at ChabadofLamorinda.com/Challah.

Lamorinda Education Forum from 6:30 to 7 p.m. Thursday, Feb. 8 at Stanley Middle School Multi-Use Room, 3455 School Street, Lafayette. Get the latest on education funding and Gov. Jerry Brown's proposed 2018-19 Education budget and its impact

on our local schools. Speakers include Gerry Shelton, a respected school finance expert, and our state representatives, Sen. Steve Glazer and Assemblywoman Catharine Baker. Don't miss this opportunity to get the facts and ask questions. This event is hosted by the Lafayette School District. For more information, contact (925) 927-3502 or go to www.lafsd.org.

Bridge and Bunco game day and luncheon event 9:30 a.m. to 2 p.m. Thursday, Feb. 8 at Saint Mary's College Soda Center. Bring your luckiest cards – all are welcome. Proceeds given to students seeking financial aid through SMC Guild Scholarship Fund. For info, call Shirley Holloway at (925) 376-6588. Cost: \$36 per person, make checks payable to St. Mary's College Guild and mail to Mail to: Dolores McGonigle, 828 Crossbrook Ct., Moraga, CA 94556.

Discovering Opera: Wagner's The Flying Dutchman from 1:30 to 3:30 p.m. Thursday, Feb. 8 at the Lafayette Library, Arts and

Not to be missed

Science Room. Take a Dutch sea captain who is condemned to sail the seven seas for eternity, and who has become the stuff of legend. Add a young woman who believes that she is the one who can release him from this curse by being true to him, even unto death; her father, mesmerized by the treasure on the Dutchman's ship; and her nominal lover, who lacks the Dutchman's charisma. Lecturer Bradford Wade will give a guided tour of The Flying Dutchman, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San José's production of "The Flying Dutchman," Feb. 10-25. Members free, non-members \$10.

A Historic Evening with Anne Frank's Step Sister at 7 p.m. Thursday, Feb. 15 at the Leshner Center, 1601 Civic Dr., Walnut Creek. Enter the world of Anne Frank as told by her stepsister and childhood friend. Like her step-sister, Eva went into hiding in Holland, was betrayed, captured and sent to Auschwitz-Birkenau death camp. Listen to

Not to be missed

a first hand account of the life of Anne Frank and the discovery and printing of her famed diary. Tickets are \$25 to \$35. For info, visit www.JewishContraCosta.com.

GARDEN

Winter Rose Pruning Workshop at 10 a.m. Saturday, Jan. 27 at McDonnell Nursery, 193 Moraga Way, Orinda. To reserve a space please call (925) 254-3713 or email info@mcdonnellnursery.com.

Lafayette Garden Club General Meeting from 9:45 to noon Thursday, Feb. 8 at the Lafayette Veteran's Building located at 3780 Mt. Diablo Blvd., Lafayette. Program: "WELO, the Water Efficiency Landscape Ordinance and How it Effects California Gardeners and Homeowners." Lafayette Garden Club is pleased to present Lori Palmquist, Irrigation Designer and Consultant, who will discuss how everyday gardeners can deal with the challenges of water conservation and be part of the

solution. Visitors are welcome. For info, email Carolyn Poetzsch cpoetzsch@gmail.com.

The Walnut Creek Garden Club meeting beginning at 9:45 a.m. on Feb 12 is: "Why are Millions of Trees Dying in the Sierras (and what are we doing about it)?" by Brenda Kendrix, US Forest Service: 9:45 a.m. Business Meeting; 10:30 a.m. Social; 11 a.m. Program. The club meets at Heather Farm, 1540 Marchbanks Road, Walnut Creek. For info, email mslittle44@gmail.com.

The Montelindo Garden Club of Orinda is pleased to host a free presentation by Leslie Buck, a Berkeley-based gardener and author beginning at 9 a.m. Friday, Feb. 16 at St. Stephen's Episcopal Church, 66 St. Stephens Drive, Orinda. Buck has recently published a New York Times-reviewed memoir currently in bookstores called "Cutting Back: My Apprenticeship in the Gardens of Kyoto." For info, visit www.montelindogarden.com.

Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA 26,600 printed copies; delivered to homes & businesses in Lamorinda.

Contact us:

Letters to the editor (max 350 words): letters@lamorindaweekly.com
 Delivery issues: homedelivery@lamorindaweekly.com
 Event listings: calendar@lamorindaweekly.com
 Business press releases: storydesk@lamorindaweekly.com
 General interest stories/Community Service: storydesk@lamorindaweekly.com
 School stories/events: storydesk@lamorindaweekly.com
 Sport events/stories/pictures: sportsdesk@lamorindaweekly.com
Publishers/Owners: Andy and Wendy Scheck; andy@lamorindaweekly.com, wendy@lamorindaweekly.com
Editor: Jennifer Wake; jennifer@lamorindaweekly.com
Copy Editor: Nick Marnell; nick@lamorindaweekly.com
Sports Editor: sportsdesk@lamorindaweekly.com
Advertising: 925-377-0977, Wendy Scheck; wendy@lamorindaweekly.com
Staff Writers: Sophie Braccini; sophie@lamorindaweekly.com, Cathy Dausman; cathy.d@lamorindaweekly.com, Pippa Fisher; pippa@lamorindaweekly.com, Nick Marnell; nick@lamorindaweekly.com, John T. Miller; john@lamorindaweekly.com, Sora O'Doherty; Sora@lamorindaweekly.com, Digging Deep: Cynthia Brian; cynthia@lamorindaweekly.com, Thoughtful Food: Susie Iventosch; suziventosch@gmail.com
Contributing Writers: Conrad Bassett, Diane Claytor, Michele Duffy, Amanda Eck, B.B. Kaye, Michael Lupacchino, Mona Miller, Kara Navolio, Alexandra Reineke, Victor Ryerson, Moya Stone, Jon Kingdon, Derek Zemrak
Calendar Editor: Jaya Griggs; calendar@lamorindaweekly.com
Photos: Tod Fierner, Gint Federas
Layout/Graphics: Andy Scheck. Printed in CA.
 Mailing address: Lamorinda Weekly, P.O. Box 6133, Moraga, CA 94570-6133
 Phone: 925-377-0977; Fax: 925-263-9223; email: info@lamorindaweekly.com
 website: www.lamorindaweekly.com

SMC's Theatre Performance of 'Puss 'n Boots' opens Jan. 30

Submitted by Justin Carino

A family-fun production of "Puss 'n Boots: The New Musical," put on by Saint Mary's College Jan Term students Jan. 30-31 and Feb. 1-2, is expected to delight audience members of all ages. Adapted and directed by Will Huddleston, this new musical by local playwright Kate Hawley features a sassy cat that promises to solve the problems of a poor miller's son. Dressed in her trademark red leather boots, Puss charms the Queen, befuddles the Prime Minister, defeats the powerful wizard Kazaam, and helps her shy master and Princess Sweetiepie fall madly in love. The show features original songs by local composer Chris Houston ("James and the Giant Peach," "Alice's Adventures in Wonderland"). This outrageous comedy involves audience participation, and offers a positive message about being yourself. Free parking next to Syufy Hall.

students). For ticket information and specific show times at LeFevre Theatre, visit https://www.stmarys-ca.edu/pussnboots.

Theatre, visit https://www.stmarys-ca.edu/pussnboots.

Jan Term 2018
PUSS 'N BOOTS
 THE NEW MUSICAL
 LeFevre Theatre

Performances
 Jan 30 - Feb 2
 at 9:30 am & 11:30 am
\$8 General Admission

Additional Performances
 Jan 31 at 6 pm
 Feb 1 at 4 pm
\$12 General Admission
 (\$8 SMC students)

GCCP offers a musical journey to Romania Feb. 2-3

Submitted by Pamela Freund-Striplen



Gold Coast Chamber Players on tour.

Photo provided

The third of the Gold Coast Chamber Players season's five concerts, titled "Fantezie" will be performed twice, the first at 8 p.m. Friday, Feb. 2 at the Piedmont Center for the Arts, 801 Magnolia Ave in Piedmont with the second performance at 7:30 p.m. Saturday, Feb. 3 at the Lafayette Library Community Hall, 3491 Mt. Diablo Blvd. in Lafayette.

The award-winning GCCP bring the finest in chamber music to Lafayette and the surrounding areas. Founded in 1987, GCCP distinguishes itself by its eclectic programming and by providing community access to leading musicians from throughout the world.

From folk music to the epic String Octet, by Georges Enescu, 'Fantezie' offers a musical journey to Romania. This appealing program includes Enescu's string trio, Aubade, Eugene Ysaÿe's Solo Violin Sonata "Georges Enescu," an arrangement of Bela Bartok's Romanian Dances for violin and string quartet and finally, the Enescu String Octet.

Three Romanian violinists are featured: Gil Sharon from the Amati Ensemble in Holland; Florin Parvulescu from the San Francisco Symphony; and Corina Stoian. Violinist Dan Flanagan joins violists Ron Ephrat from the Amati Ensemble and Pamela Freund-Striplen. Cellist from the SF Piano Trio and a

member of SF Conservatory of Music faculty, Jean-Michel Fonteneau and Jennifer Klotzel, formerly of the Cypress String Quartet, round out this all-star ensemble.

"Fantezie" brings out the passion and complexity of the Romanian spirit. The centerpiece of the program, Enescu's String Octet, Op. 7, was written when Enescu was only 19 years old and is rarely performed. These performances represent its East Bay debut, offering audiences an extraordinary opportunity. There are between nine and as many as 12 melodic themes used in the work, depending on the analysis (Hoffman and Rațiu 1971, 259; Bentoiu 2010, 13). The greatest number of them (six or seven) are presented in the exposition of the first part. The second part is a kind of demonic scherzo, tumultuous and whirling, while the third is a lyrical, slow movement; in both of them new themes are added (Hoffman and Rațiu 1971, 259).

The Gold Coast Chamber Players offer a pre-concert talk with musicologist Kai Christiansen 30 minutes prior to each performance. Single tickets for the Lafayette performance are \$45 general admission, \$40 senior (65+), and \$15 for students. Introductory ticket price for the Piedmont performance is \$25 in advance, \$30 at the door. All tickets may be purchased online at www.gcplayers.org or by calling (925) 283-3728.

'Swim Team' documentary profiles young athletes on the autism spectrum

By Catherine Kauder

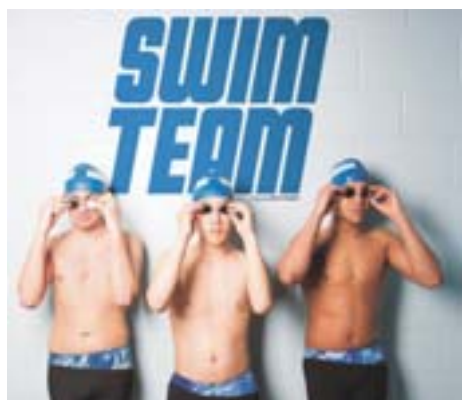


Photo provided

SEED, Lafayette's Special Education Enrichment Development Foundation, is hosting a free screening of "Swim Team," an award-winning feature documentary about a New Jersey YMCA-based community swim team made up of teens on the autism spectrum.

The film will be shown at 6 p.m. Friday, Jan. 26 at the Lafayette-Orinda Presbyterian Church, 49 Knox Dr. in Lafayette. A moderated discussion will follow the screening.

The moving 90-minute documentary chronicles the Jersey Hammerheads, a competitive swim team formed by the parents of a teenage boy on the autism spectrum.

The film follows three of the team's star swimmers over the course of year, giving a glimpse of the overwhelming struggles they face and the triumphs they achieve as they strive for independence, inclusion and a life that feels like winning.

The athletes profiled are Mikey, the team's standout swimmer whose parents Mike and Maria lead the swim team with equal measures of patience and high expectations, Robbie, the team's leader and captain of his high school swim team whose mother is helping him come to terms with what it means to have autism, and Kelvin, a young adult who struggles with Tourette's and violent outbursts.

As we follow these young men's journeys, we also see a portrait of diverse families as they help their children transition into adulthood in a society where services and support for adults on the autism spectrum

can be scarce, and many with this disability fall through the cracks.

Young adults with autism had lower employment rates and higher rates of complete social isolation than people with other disabilities, according to a 2015 report by the A.J. Drexel Autism Institute. New Jersey has the highest rate of autism in the United States — as of 2016, one out of every 41 children in the state was diagnosed with an autism spectrum disorder, according to the Centers for Disease Control and Prevention.

Filmmaker Lara Stolman said she was inspired to make the documentary after discovering the Jersey Hammerheads when she was looking for swim lessons for her own children.

"I was immediately struck by the energy and optimism of the families who were coming together to form the team. Some of the kids were teenagers and had never been on a sports team before. And some couldn't yet swim. But this team was determined to dominate the competition," she says.

The documentary has won many awards at film festivals across the country and premiered on PBS in October of last year. For more information about "Swim Team," visit: www.swimteamthefilm.com.

To register for the free screening of the documentary, go to: <https://events.r20.constantcontact.com/register/eventReg?oeidk=07eeyashnz08330b00&oseq=&c=&ch=>

A limited number of spots for children's respite care are also available from 6-9 p.m. at LOPC. To register, please e-mail dave@lopc.org.

SEED provides a wide range of support and resources to families of children with special and diverse learning needs, as well as training programs for educators who work with these children. SEED funds programs such as recess facilitation, afterschool social skills play groups, educational seminars, teacher training and support groups and socials for parents and families. More information about SEED can be found at www.seedlafayette.org.

Sumptuous and simply delicious Super Bowl nibbles

By Susie Iventosch



Pan-fried olives with gorgonzola sauce and onion puff pastries.

Photo Susie Iventosch

With Super Bowl right around the corner on Sunday, Feb. 4, here are some fancy finger foods to pass around your football gathering this year. These pan-fried olives and caramelized onion puff pastry treats are sure to be crowd pleasers. A friend sent me the onion puff pastry recipe, which he found in the instruction manual of his KitchenAid food processor! I've made the tarts a few times now, but the very best were those made with the Old Amsterdam premium aged Gouda from Trader Joe's. That cheese is amazing, and combined with puff pastry and caramelized onions, it's hard to go wrong.

For the fried olives, I used pitted Mt. Athos olives from the deli department and they were perfect for this recipe. These are halkidiki (or chalkidiki) olives — large, flavorful, green Greek olives. However, if you cannot find them, I would think any large, pitted green Greek olive would work well. Just don't use ripe green olives. They don't have the right flavor characteristics for this recipe. If you have the patience, it would be fun to stuff these olives with blue cheese before breading them. The olives I bought were stuffed with red peppers, but I removed those before breading them.

Fried Olives with Gorgonzola Sauce

(Makes approximately 2 dozen)

INGREDIENTS

- 1 pint pitted green Greek olives
- ¼ cup all-purpose flour
- 2 egg whites, beaten with a fork
- ¾ cup plain bread crumbs (I used panko, but regular plain bread crumbs are okay)
- 2-3 Tbsp. olive oil

Sauce:

- 4 ounces crumbled Gorgonzola cheese
- ¾ cup cream or half & half
- ½ tsp. ground white pepper

DIRECTIONS

Remove any stuffing from the olives and rinse olives in cold water to remove some of the brine. Pat dry with paper towels. If you decide to stuff them with blue cheese or Gorgonzola, do it after rinsing and drying.

Stir egg whites and place in a small bowl. Place flour and panko in two other separate bowls. Working in batches, dredge olives in flour, then dip in egg white and roll in bread crumbs. Set olives on a plate until ready to fry.

Heat oil over medium-high heat and place olives in pan in batches. Cook until browned and crispy, turning as needed to brown both sides.

Meanwhile, heat cream in a sauce pan and bring just to a boil. Reduce heat and stir in gorgonzola until melted. Add white pepper. Serve hot as dipping sauce, or drizzle over olives before serving.

Caramelized onion puff pastry with aged Gouda cheese

(Makes approximately 16)

INGREDIENTS

- 1 sheet frozen puff pastry
- 1 large yellow or red onion, cut into thin slices
- 2-3 Tbsp. olive oil
- 2 Tbsp. brown sugar
- 2 Tbsp. balsamic vinegar
- 1 teaspoon sea salt
- 6 ounces aged Gouda, grated

DIRECTIONS

Heat olive oil in a large frying pan. Add onions and cook over medium-high heat until translucent. Stir in brown sugar and balsamic vinegar and continue to cook over low heat until caramelized, approximately 20 to 30 minutes.

Place squares on a cutting board and cut into roughly 2-inch square pieces. Place squares on a baking sheet and pierce each with a fork. Bake at 400 F for about eight minutes. Remove from oven and make an indentation in the center of each with the back of a spoon.

Spoon onion mixture into each cavity and sprinkle generously with grated Gouda. Bake for an additional 8-10 minutes at 400 F until cheese is bubbly and beginning to brown. Serve warm.

Susie can be reached at suziventosch@gmail.com.

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



Cooking Term of the Week

Whey

Whey is one of two primary proteins found in milk. It is also the liquid that is expelled from the curds during the cheese-making process. Whey is rich in protein but is often discarded in the process of making cheese. However, it can be used in place of milk or water in some recipes.

LAMORINDA SPORTS

Increased interest in Lamorinda wrestling

By Jon Kingdon



Photo Gint Federas

The requirements of wrestling are best summed up by Dan Gable, the most famous amateur wrestler in college history: "Once you've wrestled, everything is easy."

Wrestling is a bit of an oxymoron – it is an individualistic-team sport: There are 900 wrestling programs in California, comprising 25,000 wrestlers. Unlike most other sports, there is only one competitive division, meaning that there will be only 14 champions in the whole state.

With the popularity and growth of mixed martial arts, there has been a concomitant growth in high school wrestling. Each of the schools in Lamorinda is seeing an increased turnout of wrestlers.

Jason Rosiak, in his first year as head coach at Miramonte, is trying to imbue a new attitude in his wrestlers: "I'm trying to build a program that focuses on the athletic side of the program and what it can do for you post high school. I want to bring a perspective that combines physical and cross training and different exercises.

Rosiak has worked hard to attract new wrestlers to the team with a good deal of success. There are 25 wrestlers on the team this year with only four returning from last year's team. Says Rosiak: "This is a two- to three-year process to get the freshmen and sophomores in shape. We graduated seven people from last year's team. This year, we're starting all over."

With such a young team, Rosiak is leaning heavily on his two senior co-captains, Owens Madaus, who wrestles at 145 or 152 and is looking forward to qualifying for the state tournament this year, and Gram Berger, who will wrestle at 160 or 170, down from 182 where he wrestled last year. Madaus took first place earlier this year at the Bill Martell Tournament at Northgate High School.

With such a young team, Miramonte is not going to be able to provide a wrestler for each of the 14 weight classes, not having wrestlers to fill some of the upper weights.

Freshman Dylan Welch in one of the lower weight classes has shown a lot of potential.

Rosiak knows that things will not turn around immediately: "We are in a strong league with strong coaches and strong programs. ... My job as a coach is to provide a tool box for different moves. Each wrestler has a different personality and each wrestler will have different techniques and moves on the mat. No one has to use the exact same moves. Each wrestler is painting a different picture – different personalities, strengths and mental approaches. I want them to feel that they have a choice and take that with them on the mat."

Coming off a very successful 2016 season, Acalanes coach Dave Ridge has had a lot of turnover through graduation and the loss of a number of his wrestlers due to injuries suffered while playing football last fall. The Dons have 33 wres-

tlers on the varsity and JV teams.

Heavyweight wrestler, Antonio Correa, having fractured an ankle last fall, is just coming back and Ridge expects him to compete later in the season.

Co-captain Ben Ross fractured a kneecap playing football as well and has been lost for the season, yet has stayed involved with the team, doing stats, filming and whatever he can do to serve as a leader for the younger wrestlers.

The other captains are Isaac Douglass, wrestling at 170 who finished fifth at the Mat Classic at Granada High School and Jeremy Ridge, wrestling at 152.

Jeremy Ridge, who will be wrestling for the University of Pennsylvania next year, has over 100 varsity wins over his career. So far this season, he is 17-2 and is the 11th ranked wrestler in California, and finished in the top 12 in state last year.

At the 49th annual Pat Lovell Holiday Wrestling Classic in Aptos, with 83 teams competing from four states, James Trainer and Isaac Douglass advanced to the second day of the tournament. Ridge went on to win his weight class and recently finished in the top 12 at the Doc Buchanan Classic in Clovis, California.

Coach Ridge remains optimistic about the Don's upcoming matches: "We are going to be able to have people compete at every weight. We are young but I look forward to the dual matches to see who will develop."

Ridge wants to instill confidence in each of his wrestlers as they compete: "You have to have no fear of losing. You can't just rely on athleticism. You have to 'see the field' like a quarterback, being able to anticipate the opponents moves and seeing how things unfold."

Ridge believes in wrestlers competing at their natural weight and not trying to struggle to lose weight: "What I hate about the sport is the culture of cutting weight. They are student athletes – they're growing. Wrestling is the toughest physiological sport in an anaerobic and aerobic activity. This is a sport that actually requires more technique than power. I want our wrestlers to understand leverage and angles. You are the offense and the defense and in on every play."

Beginning his fourth season as the head coach at Campolindo, Sam Sotelo is excited about a state champion's return to his team. No, it's not a returning wrestler from last year's team. It's assistant coach, Nikko Triggas, who won the state championship for Campolindo in 2002 and then went on to wrestle for Ohio State.

Sotelo is optimistic about his team's prospects: "We have over 40 wrestlers on the team and will have a full varsity and JV team. It's the biggest team since I've been here."

Leading the team are senior co-captains, Craig Amador, wrestling at 182, Leon Yushin, a middleweight, Rex Chen, at 220 who

missed last season due to a concussion, Brian Kikugawa, returning from a back injury, wrestling at 160, and Peyton Manty who competes at 145.

Sotelo is also excited about "good lightweights," sophomores, Keichi Serrano and Noah Hammond.

With Scott Fukiyama, also a Campolindo graduate, coaching the junior varsity and Louis Suba, the girls coach, Sotelo brings an attitude of internal fortitude: "My main philosophy is that conditioning and heart is the key to being a champion. We can teach technique but the kids need to bring the heart. We are definitely running a lot. Our kids are very motivated and dedicated and we're excited to see what we can do."

Sotelo is looking for the team to be much improved in their riding skills (controlling an opponent on the mat in such a way that prevents an escape or reversal: "We have improved on our riding under Nikko's tutelage and are more confident on our feet and in our ability to get off the bottom."

Wrestling is no longer exclusively a male participation sport. Coach Ridge says that participation of girls in wrestling is growing very fast. There are girls wrestling for each of the Lamorinda teams. Though there are not enough girls competing to allow them to have their own teams, the girls will practice with and wrestle against their male counterparts. However, they will only wrestle against girls in tournaments.

Ridge has three girls participating for Acalanes with sophomore Alexandra Haase showing great potential, along with Abigail Dunsmore and Corina McTigue.

Coach Sotelo is particularly pleased with Remy Brenner who is a co-captain: "She takes charge of the team. She comes in early and is a leader for our entire team."

Coach Rosiak has two freshmen on his team, Shannon Lipp and Neena Grewel: "Both have a good future. They work very hard and it motivates the boys. They do all the work that the boys do."

CYO

Track and Field

www.spcyo.com/track

Registration is now OPEN!



Bay Area Drainage, Inc.

Have You Checked Your Crawlspace Lately?

- French Drains
- Underfloor Drains
- Downspout Systems
- Subdrain Systems
- Sump Pumps
- Retaining Walls
- Pavestone Driveway & Walkways

A General Engineering Contractor
Locally owned and Operated
Contractor LIC # 762208

925•377•9209 

visit our website
www.bayareadrainage.com

STEAUTO.COM presents

41ST ANNUAL CAR DRAWING

SAINT MARY'S COLLEGE




WIN a 2018 Jeep Compass OR \$20,000 cash!
(winner responsible for registration, license fee and taxes)

ADDITIONAL PRIZES INCLUDE: \$1,000 cash, \$500 cash and more
Proceeds benefit the Saint Mary's College Athletics

SATURDAY, February 25, 2017
4:30 p.m. Reception (full buffet and hosted bar) **6:15 p.m.** Car Drawing
SODA CENTER, SAINT MARY'S COLLEGE
COST: \$150 PER TICKET (LIMITED TO THE FIRST 550 TICKETS SOLD)

CALL (925) 631-IWON OR (925) 631-4966 TO PURCHASE YOUR TICKET!
VISIT stmarys-ca.edu/cardrawing FOR MORE INFORMATION



SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

OAKLAND
(510) 428-3558

SAN FRANCISCO
(415) 353-2808

SAN RAMON
(925) 979-3450

WALNUT CREEK
(925) 979-3430



Toughness pervades Lamorinda boys basketball

By Jon Kingdon



Ethan Fox

Photos Gint Federas

Acalanes Coach Sol Henik came into the season with a unique roster comprising 12 seniors and two juniors. Says Henik: "I've never experienced this before. It's great to have so much leadership and experience on the team. The seniors all care because they realize that this is their last year. We are a gritty team, a team of grinders."

The Dons have a record of 12-4 entering into their league schedule.

The experience has become crucial as the team has lost two key players for the season due to injuries. Mitchell Smith, who was second team all-league last season, suffered a severe knee injury during tryouts and co-captain Carson Etnyre recently suffered a stress fracture in his foot.

With four players on the team that also played football for Acalanes, there is an unusual toughness to this basketball team. "Our football players, Robbie Rowell, Ryan Nall, Aiden Mc McNamara and Nick Price bring that physical mentality to the court," says Henik. "They have the tools, the intangible skills and winning mentality to not back down."

Henik has come to rely on point guard Ian Archer on the court: "Ian has turned into a leader. Though not that big, he is very tough and is not afraid to show his emotion on the floor. He's even the second leading rebounder on the team."

The Dons have relied on their defense. According to Henik, "Our defense is our strength. Nall is the best help side defender I've ever coached. He is our last line of defense. He alters shots and boxes out well. He is blessed with great vision and anticipation on the floor. Rowell and Archer mix it up well and get after the ball. McNamara brings great basketball instincts to our defense. He leads the team in deflections and steals. He wants to guard our opponent's best player."

Acalanes runs a disciplined, half court offense to complement the team's defense. Says Henik: "Our offensive style is to run a good, half-court offense. If we can hit our open

shots, it gives us the best opportunity to win. We just need to stay focused. We're not the quickest team and we need to dictate the pace and tempo to favor our style of play."

Campolindo lost a lot of height to graduation with Chris Wright, now playing at Dartmouth and freshman Hunter Clarke, who returned to Australia to play for their national team. Head coach Steven Dyer knew his squad was going to be very different from last year's team: "We're quicker than we were last year. Without real height, we need to rebound by committee. This is a mentally tough team. We've played in a lot of close games and held up well. We've been good in the fourth quarter in close games." Heading into league play with a 12-4 record, the Cougars have proven to be a tough out this season.

With a balanced mixture of seniors, juniors and sophomores, the Cougars have brought a combination of maturity and youth to the team. Leading the way on the floor is sophomore Carter Mahaney. Having played varsity as a freshman, Mahaney has taken great strides this season. Says Dyer: "Carter put in a great deal of effort in the off-season. He has blossomed into an elite player who only needs to focus more on his defensive game."

Dyer relies strongly as well on senior guard Trevin Kroichik: "Trevin's the glue that holds the team together on offense and defense. He's the most consistent player we have in a lot of areas." Kroichik is leading the team in steals besides being second on the team in assists. The team's three leading scorers, Mahaney, Kroichik and guard David Ahazie, are all averaging in double figures.

The omnipresent John Torchio, the team's leading rebounder, came off a football season having played 15 games on offense and defense. When offered by Dyer to take a week off to recover, Torchio took all of one day and returned to the team, providing much needed strength on the boards. Says Dyer: "John's a great athlete and is leading the team in rebounding. He is really mentally focused this year and things have really clicked for him."

Heading into league play, Dyer wants to continue to see improvement in his team: "Defense is an area where we can always improve. We're not as good there as we were last year, though we do have a lot of quickness on the perimeter."

Coming into his second season, Miramonte head coach Wayne Hunter welcomed back a veteran team with six seniors, six juniors and a sophomore. Displaying great offensive skills and at the behest of his players, Hunter brought up freshman guard Niyi Olabode to the varsity. Olabode's shooting skills have provided a spark to the Matador's offense and a foundation for the team's future. Recent transfer from Salesian, senior guard Brandon Betson is also being counted on to provide additional depth on offense.

Coming into league play with a 9-7 record, Hunter sees the positives in battling against top competition: "By beating Tamalpais, after losing to them last season, we learned that we can play with the best and the rest. We will compete in all games and give a consistently strong effort. We're a hungry team and we have not yet hit our peak."

There is no shortage of leaders on the Matadors. Junior point guard, Jayson Fernbacher, a co-captain has taken on that role on the floor. According to Hunter, "Jason runs the show. He's a leader in games and practice. He loves the



David Ahazie

game, puts the time in and is not afraid to jump on his teammates. He's all in." Senior forward and co-captain Andrew Logan has proven to be a leader by example. Says Hunter: "Andrew is very consistent from game to game and from practice to practice. He gives his all, all the time."

As with Acalanes, the Miramonte team has suffered some key injuries. Senior power forward Enzo Jiannalone is still recovering from an ACL injury suffered last season and should continue to improve and contribute to the team. Senior guard/wing co-captain Nikhail Shastri is returning from a torn meniscus and has been missed. According to Hunter, "Nikhail loves the game and is a real leader and we miss his ability to play both guard and wing."

Relying on their shooting and a strong half-court defense is what Hunter is counting on as the season progresses: "We are looking for overall consistency and effort as a unit. We all need to prepare the same. We are strong when we prepare together."

The one constant each coach can agree on is the talent that pervades the league this year.

Coach Dyer understands the challenge his team faces as league play has begun: "In all the years that I have been associated with Campolindo, as a player and as a coach, this is the strongest the league has ever been. Every game is going to be a battle and we can't afford to overlook anyone."

Coach Hunter shares those thoughts: "There are no easy games. I love the league. There are great coaches here and it's excellent to go against these guys. It's a good way to get battle tested"

Coach Henik echoes those sentiments: "This is a brutal league. Every team has a chance to win the league title. There are no nights off. It's a great opportunity and a real challenge for each game."

It will only get more interesting as the teams enter league play.

Classified • Classified • Classified • Classified • Classified • Classified • Classified

Music Lessons

Piano/guitar w/ Robbie Dunbar
All levels welcome!
I travel to your home.
M. A. Music Composition
Piano tuning as well!
925-323-9706
robbiednbr@gmail.com

Fun Piano Lessons

Learn your favorite song! I teach Certificate of Merit. BM & MM in Piano. Lessons in your home.
925-984-8322. lynn253@gmail.com

Insurance

Totalintegrityinsurance.com
20+yr Lamorinda resident.
My independent insurance brokerage is here to serve you.
Over 100 top carriers = great pricing and coverage for Biz Gen Liability, W Comp, Homes, Auto, Life. **Call Henry at (925) 247-4356** OE90108

reach 60,000+ with your ad

Autos Wanted

We Buy/Consign your car
All cars are displayed in our private and secure showroom. Local family owned dealership. Serving Roosmoor for more than 30 years. Free pick-up and delivery. 925-820-1188.

Collectibles

Buy or sell collectibles
Call or Text
925-435-3492

House Cleaning

www.totalclean.biz

Serving Lamorinda since 1985. Insured and bonded 376-1004.

Impeccable Interiors

House Cleaning Service
1 Hour FREE
with 4 hours or more of service
Call for FREE estimate
925 736 9600
www.impeccableinteriors.com

Hauling

Haul Your Junk Away
925-435-3492
Call or Text Don

Rototilling

Ken's Rototilling
• 4 W/D Tractors
• Hillside Weed Cutting
• Mowing • Discing • Rototilling
Free estimates! 925-938-9836
licensed, bonded & insured. CA#667491
www.kensrototilling.com

Rain gutter

Vickers Rain Gutter

Installation, repair,
roof & gutter cleaning
Serving Lamorinda since 1984. Many styles of gutters with soldered downspouts....Senior discount....free est....lic 677426. I do the work myself & take pride in it....Ken 925-687-8831

Tile Setting

Baths, Showers, Floors, Walls,
Counters
Cliff 510-697-1125

Painting

Inside and outside. Father and Son, 40 years experience. Local references. Licensed, bonded, insured.
(925-285-0370) Don

Handyman

HANDYMAN SERVICE
Plumbing, Electrical, Carpentry, Etc., Etc. **(925) 934-0877 Jim**

Rusty Nails Handyman Service

Repair • Restore • Revamp
Call Rusty- (925) 890-1581

Quetzal Handyman
NO JOB TOO SMALL
Please call **Carlos Toledo**
925-872-0422

Tree Service

East Bay Tree Service.

377-8733. Fine pruning, large tree removal, stump grinding
License #805794

Tree & brush removal.

Poison Oak removal. 376-1995,
Licensed, insured & bonded

Weed Cutting

Tall Weed Cutting
Hillsides, Free Estimates
925-938-9836

Drainage Systems

5 yr. no standing water guarantee
sump pump maintenance & repair
925-944-5263 drainagepros.com

Construction

Concept Builders

Remodeling, Home Repair &
New Construction
Bonded & Insured. License no. 842563
(925) 283-8122, Cell: (925) 768-4983

Plumbing

WE HOP TO IT!
(925) 377-6600
LeapFrogPlumbing.com

Lamorinda girls basketball face hurdles heading into league play

By Jon Kingdon



Haley Van Dyke

Photos Gint Federas

Coming off a season where Campolindo made it to the state finals, head coach Art Thoms, having lost only one player to graduation, had to be optimistic about his team's prospects until confronted with a series of injuries and a number of girls who opted to compete in other sports. Thoms summed it up simply: "We're leaking oil."

There is an old Yiddish expression: "Man plans and God laughs." Having recently lost senior co-captain, guard Ashley Thoms (who will be playing at Weber State next season) to a broken wrist after averaging 19.1 points per game, coach Thomas has been forced to keep replanning: "We have tried to figure out what is best for each girl and the team. It has taken time to figure that out and is has gone on during the season. We are just starting to figure it out as the league games are beginning." With a 9-6 record, heading into league play, Thoms has kept his team's eye on the prize: "We're playing for March and focusing on the league. This is a special group of eight kids that get along. They really play for each other. It's the best team chemistry since I've come along."

As opportunities arise, Thomas has seen players step up and accept the challenge. Senior co-captain Grace Mc Guire has taken the reins as the team's leader. According to Thoms, "She is vocal in the locker room and always has good comments and feedback from the team. She is a high character kid and has excelled as a leader. On the court, she is a good shooter and a tough rebounder. She does a lot of things on the court that the average fan doesn't notice."

Sophomore Kate Brown has been called upon to play various positions from point guard to forward as needed and has been holding up well.

Mariella Crudella is another player that has stepped up when Ashley Thoms went down. Averaging 4.5 points on the season, she scored a season high 17 points in the next game. Freshman center, Kianna Thorsman has gotten the opportunity to start and has gained great experience that has helped her and the team immediately and in the long run. Says Thoms: "It's been a great opportunity and highlight for me to see her step up to the challenge."

Senior co-captain Haley Van Dyke, who will be playing at the University of Washington next season, has bounced

back well from a sprained ankle that forced her to miss five games earlier in the season.

Thoms cannot say enough about his respect for Van Dyke's overall skills: "Haley has continued to develop in a lot of different areas. She is a real leader and a tough match-up for anybody. She is a top scorer (averaging 28.5 points per game) having improved her quickness and moves. I've watched her toughness develop constantly from her freshman year. She has tools that other players just don't have. What really sets her apart is her great anticipation as to where the ball is going when shots are missed (averaging 17.5 rebounds per game). She is such a good ball handler, she could play guard if called upon. On top of this, she does a good job in our press."

Thoms does not back down from the challenges that have confronted his team: "I cherish the adversity that my team goes through in a season. It builds character in kids. This is an important thing for the kids to go through."

In her first year as the Acalanes head coach, Michelle Sasaski came upon a very young team with only two seniors, one junior, five sophomores and two freshmen. Yet approaching the league season, the Dons have an 11-4 record.

Sasaski is very positive about the team's prospects in the short and long term: "I'm glad that have had success here. The team works extremely hard. They want to improve and get better. It's a fun group to coach. The youth on the team is very promising in the long run. We're building a foundation."

As well as things have been going, the Dons took a big hit when sophomore Kaylee Pond went down with a torn ACL in her knee much to the chagrin of Sasaski: "Kaylee was a driving force on the team. She played guard, wing, forward and point forward."

Senior Olivia Toth has also been out with injuries yet has remained committed to the team, attending all the practices and team functions.

Captain Sydney Louie has become the leader for this young team. According to Sasaski: "Sydney has a great engine. She is gritty and a fierce competitor. She provides a lot of texture to our team and is the verbal leader on the floor. As a player, she is a good penetrator on offense and has taken more responsibility for distributing the ball."

The younger players have stepped up for Acalanes. At the West Coast Jamboree Tournament in Las Vegas, freshman Grace Gebhardt and sophomores Lauren Kobashigawa were both named to the all-tournament team.

Sophomore Lauren Frechman is another force on the team. Says Sasaski: "Lauren is a great 3-point shooter and an aggressive player on defense."

Defense is an area that Sasaski takes pride in: "We need to be more consistent defensively and we will concentrate on that because basketball is a very offensive game. It's about us holding our opponents in the 30s mid-40s." The Don defense has been holding their opponents to average of 43 points per game.

Summing up the season, Sasaki puts it this way: "We're progressing in the right direction. We have faced a lot of adversity due to injuries and illnesses. At times we have had to play with only six or seven players. We try to control what we can control and not worry about the numbers. I'm proud of the way the girls have battled every game."

In his ninth year as the Miramonte head basketball coach, Kelly Sopak removes any doubt how his team is going to play their next opponent: "I went to this system eight years ago. I will play 13-15 kids and press our opponents all the time. We don't do a lot of conditioning, but we do a lot of drills in pressing and transition." The Matadors have been

able to continue to be successful with Sopak's system beginning league play with a 12-4 record.

Coming off a 30-4 record last season, having lost in the fourth round of the state tournament to Vanden (Fairfield) by a 66-65 score might have had some carryover to the next season, but Sopak would not allow it: "We seldom talk about winning and losing. It's the process that's important. The lesson we hope the girls take away from our program is that you can never assume the next season. We want the girls to seize the opportunities that are presented, to live in the moment and stay in the moment."

With so many girls playing, Sopak has come to rely on his captains, senior point guard Clair Steele (who will be playing for Lehigh next year), senior wing Colette Kirkpatrick and junior guard/wing Emily Huston. Says Sopak: "The captains are an extension of me. They embody how the team plays, how they represent themselves off the court and how the team performs academically."

Miramonte has had a very difficult schedule prior to the beginning of league play which is how Sopak planned it: "The thing that I have learned is that even though we're young, we've maintained our composure and to be able to weather that type of schedule has been very pleasantly received by me."

Still with so many girls playing on the team, there are some standouts on the court. Sopak has been coaching Steele since the first grade and can't speak highly enough about her: "Claire is a tenacious player and a hard worker. She has consistently improved from year to year. She has a great basketball IQ and understands the game more than anyone else on the floor. Besides the intangibles, she is a great ball handler and a top shooter. When she is on, she is a tough cover."

Sophomore Erin Tarrasaw, always a good shooter, has become more aggressive to the basket this year.

Freshman Mia Mastrov has also impressed Sopak a great deal: "Mia has a presence about her and is a great shooter. She utilizes her length well defensively and is willing to go hard to the basket."

Senior Jordan Bryant is being counted on to provide an additional spark to the game, having just returned from London. According to Sopak: "Jordan had been a two year starter at the post position and her return will really help us. She is very physical and her ability to run the floor will be huge for us."

With all of the talent on the team, Sopak takes the most pride in the girls' teamwork, bragging how they recently defeated La Jolla Country Day School, having played all 15 girls with 12 of them scoring and only one player in double figures. Sopak requires the girls to buy into his system and explains it this way: "I tell them to look to your right and then your left. If you are going to demand credit, you're on the wrong team."

With such a young team (eight freshman and sophomores in the rotation), Sopak feels the key is for his team to "be more physical. We look so young, we're not going to intimidate anyone physically so we needed to bring it to every game."

Still, Sopak can always fall back on his full court press: "We work on our press every day and it is very intense. It is hard for teams to replicate it and for them to handle it. We have been able to adjust ourselves to how a team will attack our press and we've seen just about every strategy to handle it. You may beat us but you're not going to beat us the way you would beat another team."

LMYA in January



Preseason Volleyball Clinics at Campo

To get players ready, LMYA's high school volleyball players (who serve as trainers to LMYA participants and coaches) offer pre-season clinics at Campo. The trainers are, in alphabetical order: Lara Bloom, Natalie Brouhard, Elizabeth Canon, Julianne Colachico, Kate Dendinger, Taylor Floyd, Sophie Hein, Hayes Hollar, Maddie Kalil, Lily Matranga, Cailey McVay, Megan Mitchell, Nina Naffziger, Julia Ortega, Audrey Pak, Kimya Peyvan, Francesca Restrepo, Sophia Taylor & Dave Chen-Campolindo Coach.

It is not too late to sign up for LMYA Volleyball and join in the fun. In addition to our regular program there are opportunities for more advanced play and tournaments.

Go to: www.lmyasports.com for more info and to register.

Exciting Basketball Continues

Love Lafayette

FASTFRAME
EXPERT PICTURE FRAMING

1020 BROWN AVENUE
LAFAYETTE CA 94549
(925) 283-7620

OPEN MONDAY 10-5 and TUESDAY-SATURDAY 10-6
15% OFF CUSTOM FRAMING WITH THIS AD*
*exp. June 30, 2017

The UPS Store

Hours:
Mon-Fri 8:00-6:00
Sat 9-5, Sun closed

Our location:
3527 Mt Diablo Blvd
Lafayette, CA 94549

✓ Shipping ✓ Notary Services
✓ Copying, Finishing ✓ Postal Services
✓ Printing Services ✓ Business Services

store0202@theupsstore.com
www.theUpsStoreLocal.com/0202

Lafayette Auto Body, Inc.

www.lafayetteautobody.com



3291 Mt. Diablo Blvd. Lafayette (925) 283-3421

LAFAYETTE PHYSICAL THERAPY

Orthopedics • Sports Rehab • Geriatrics
Mention the Lamorinda Weekly for a
Complimentary Consultation

3468 Mt. Diablo Blvd., Ste B110, Lafayette, CA
925-284-6150 www.LafayettePT.com

LAMORINDA CROSSFIT
Fitness | Strength | Community

LOOKING FOR A FRESH APPROACH TO FITNESS? NO MACHINES, JUST BACK-TO-BASICS, INSTRUCTOR-LED WORKOUTS WITH KETTLEBELLS, WEIGHTS, GYMNASTICS, ROWING AND MORE!

1037 Blackwood Lane, Lafayette www.lamorindacrossfit.com
Lamorindacrossfit@gmail.com (925) 284 9348

Breakfast • Lunch • Breakfast • Lunch • Breakfast

MILLIE'S Kitchen

5 AM - 2:30 PM
Seven Days a Week

1018 Oak Hill Road
Lafayette
(510) 283-2397

Breakfast • Lunch • Breakfast • Lunch • Breakfast

Celestial
Julia Rymer



Rose Anne Critchfield
February 1 - March 3

Join us for the opening reception on Feb. 1 at 6 PM
Artist Talk at 5 PM

Jennifer Perlmutter Gallery
3620 Mt. Diablo Blvd. Lafayette, CA 94549
925-284-1485
JenniferPerlmutterGallery.com

LAMORINDA HAULING

Call us **NOW** to make your junk disappear!

★★★★★'s on **yelp**



Locally Owned and Operated

\$25 Off Half Load **925.719.3991** \$50 Off Full Load

f v

Family is why we do it all.

We all feel the same commitment to care for our families. Helping you meet your insurance needs is part of my commitment to you.
Like a good neighbor, State Farm is there.
CONTACT AN AGENT TODAY.




Kelley Reed, Agent
Insurance Lic#: 0E84198
kelley@agentreed.com
www.agentreed.com
Bus: 925-820-6806 Fax: 925-934-2278

JP Reed, Agent
Insurance Lic#: 0F62235
jp@agentjreed.com
www.agentjreed.com
Bus: 925-934-2277 Fax: 925-934-2278

statefarm.com®

Something for all your
Beauty Needs




\$5 OFF
Any Purchase of \$30
Limit one per customer. May not be combined with any other offer. Offer expires 2.28.18.

Under New Ownership

Lafayette Beauty

925.284.8600
3606 Mt. Diablo Blvd., Lafayette

THE WRITING STUDIO
Where Words Come to Life



- Classroom instruction and individual sessions
- Writing Projects
- Tools to improve fluency and sentence structure
- Grades 3-12

Classes start Feb. 12

The Writing Studio
Where Kids Express Their Writing Voice

(925) 385-0211 www.lafayettewritingstudio.com

MARK BELLINGHAM PAINTING EST. 1985

Winter Painting Sale
10% Off Interior Painting

Book your interior painting. Work must be completed December 1st - February 28, 2018.

925-247-0092
MarkBellinghamPainting.com

Exterior & Interior Painting
Deck Refinishing Dry Rot Repair
Local Moraga Resident
California Contractor License 456414
Fully insured

See our reviews on Yelp, Nextdoor, Houzz

McCaulou's

Save Gas
Save Money
Save Time

Shop your local McCaulou's


LAFAYETTE CHAMBER

Piano Studio
Keys to success

Piano Lessons in Lafayette with professional instructor MTAC member. Competition, CM exam Preparation.

Rita Yegiazaryan
925-283-7601
Cell: 925-323-8969
1060 Sierra Vista Way, Lafayette



KW BUILDERS, Inc.

Residential
- Custom Homes -
- Remodels -
- Additions -

Lafayette
(925) 283-3128

Owners:
Matt Kunz
Jeff Wendt

www.KandWbuilders.com

CL# 930839

Watch for
Shop Orinda Feb. 7th
Call for Advertising
925.377.0977


Making Bay Area Homes
Beautiful Since 1946

Blodgett's FLOOR COVERING
"Quality and Service Since 1946" Abbey Carpet.

Larry Blodgett
Owner

www.blodgetts.com

3291 Mt. Diablo Ct., Lafayette 925.284.4807



Lamorinda OUR HOMES

Lamorinda Weekly Volume 11 Issue 24 Wednesday, Jan. 24, 2018



February Gardening Guide with Cynthia Brian ...read on page D11

Feng Shui

Fairness and justice are highlights of 2018 Yang Earth Dog year

By Michele Duffy



Illustration Jaya Griggs, www.jayagriggs.com

Gung Hay Fat Choy! Happy New Year!

The Chinese have a solar and lunar calendar (Lunarsolare) and as you may have realized and noted over the years, the New Year's celebrations of the western or Gregorian calendar are not the same as either of these. The Chinese Solar New Year for the Year of the Yang Earth Dog begins Feb. 4 and is the midway mark between the winter solstice and spring equinox. It's important to note that it is the Solar Chinese New Year date that is used to determine the corresponding Chinese zodiac animal birth sign for individuals. For example, if a person were born Jan. 31, 2018 he or she would be a Fire Rooster and under the preceding year of Yin Fire Rooster year of 2017 which ends Feb. 4, 2018. The Chinese Lunar New Year begins this year on Feb. 16 and is when massive global Chinese New Year's celebrations, fireworks, big parades, and the beginning of the weeklong observances and events begin.

Keep in mind that Chinese astrology is based on astronomy, philosophy, and traditional calendars and is the divination of the timing of the future. In particular, it is based on a 60-year cycle that has been documented since the time of the Shang Dynasty. This basic cycle has been constructed from two cycles: the 10 heavenly stems (the five elements

of water, wood, fire, earth and metal in their yin or female and yang or male forms) plus the 12 earthly branches, or the 12-year cycle of animals referred to as the Chinese zodiac (rat, ox, tiger, rabbit, snake, dragon, horse, ram, monkey, rooster, dog and pig). The Chinese animal zodiac also operates on a cycle of months (12 animals rule one each of the 12 months) or 'moons' and of hours of the day (12 animals with a two-hour period adds up to a 24-hour day).

The 2018 Earth Dog year will amplify all that is sincere, moral, loyal, intelligent, stable, practical, reliable, honest, grounded and a feeling for justice and the rules of fair play. Earth Dog is pragmatic, calm and serene and much gentler than his fellow Fire, Water, Wood or Metal Dogs so even though the pace of a male year can be hectic, the overall energy will be more stable, gentle, and less combative or warlike than other Dog years. Calm, clear and patient communication will be key to success this Earth Dog year.

The 2018 Earth Dog will ring in a welcomed grounding energetic favoring integrity, justice, tolerance and empathy, a more pronounced collective consciousness of fairness and justice, trustworthiness, rules of fair play, and making sure in the end, that everyone is treated fairly will be a large part of 2018 unfolding energetically. ... continued on page D4

THE *Beaubelle* GROUP



MORAGA - New To Market

Sought After Carroll Ranch ~ \$795,000

Don't miss this 3 bedroom, 3 full bathroom property featuring an open floor plan cathedral ceiling in the living room, kitchen with white cabinets, dining area with bay window, new paint, new carpet, charming patio, gated entry and attached garage. The community pool is steps away. Walk to downtown Rheem shopping center and Campolindo High School. Downtown Lafayette, St. Mary's College and trails are minutes away.

13 Hanson Court. Open Sunday 1-4pm.



GLENN & KELLIE BEAUBELLE
925.254.1212
TheBeaubelleGroup.com
CABRE# 00678426, 01165322



Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	8	\$630,000	\$2,025,000
MORAGA	17	\$382,000	\$2,300,000
ORINDA	6	\$1,150,000	\$1,647,000

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

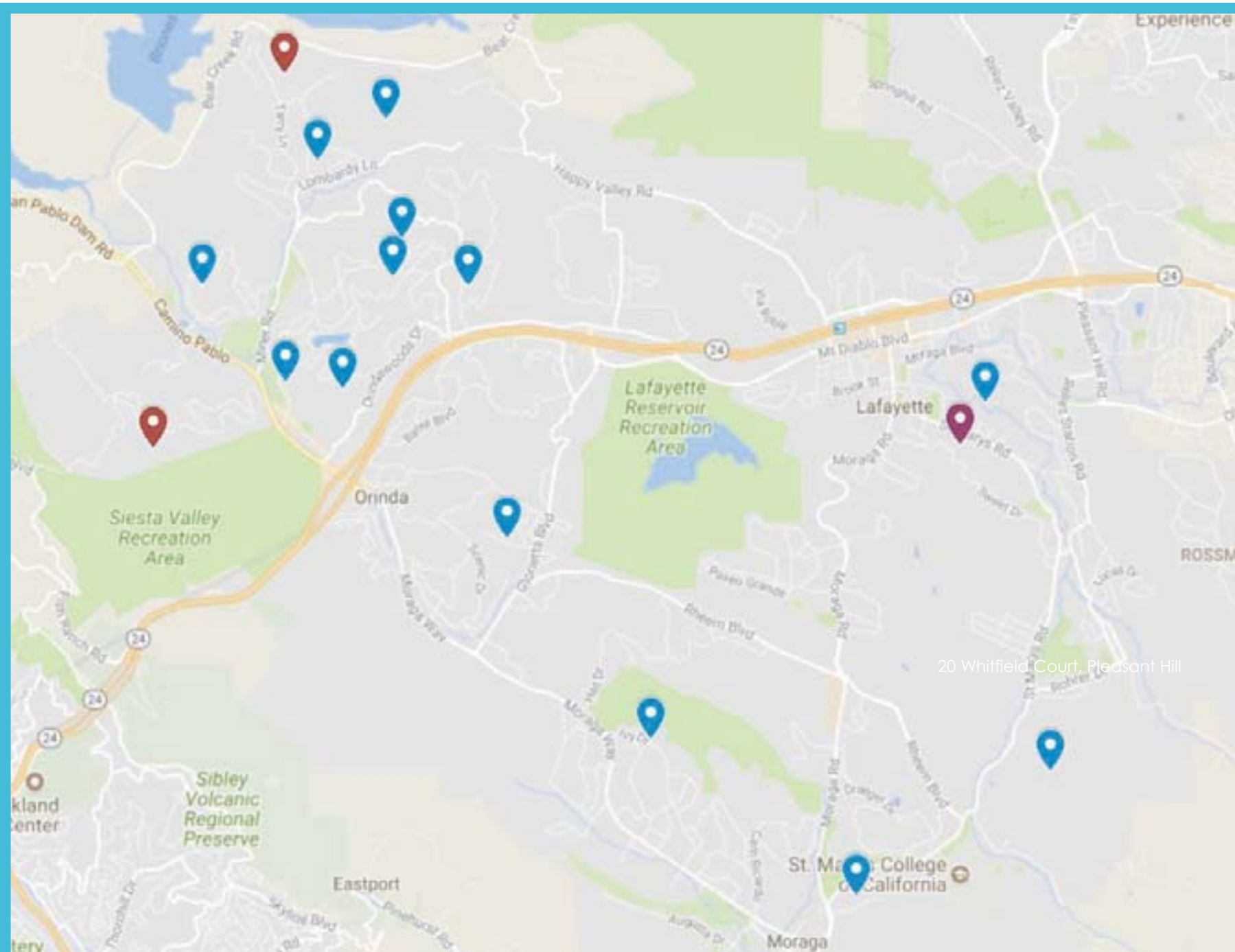
LAFAYETTE

- 3384 Angelo Street, \$1,170,000, 3 Bdrms, 1609 SqFt, 1951 YrBlt, 12-13-17
- 15 Crest Road, \$1,200,000, 3 Bdrms, 1862 SqFt, 1948 YrBlt, 12-15-17
- 1200 Glen Road, \$2,025,000, 5 Bdrms, 3653 SqFt, 1974 YrBlt, 12-13-17
- 3145 Gloria Terrace, \$1,150,000, 4 Bdrms, 2417 SqFt, 1944 YrBlt, 12-21-17
- 4133 Hidden Valley Road, \$1,125,000, 3 Bdrms, 1995 SqFt, 1941 YrBlt, 12-26-17;
Previous Sale: \$809,000, 04-24-13
- 1042 Leland Drive, \$1,139,000, 3 Bdrms, 1582 SqFt, 1962 YrBlt, 12-14-17;
Previous Sale: \$910,000, 05-25-17
- 3175 Lucas Drive, \$630,000, 4 Bdrms, 1739 SqFt, 1960 YrBlt, 12-15-17
- 17 Nephi Court, \$1,260,000, 5 Bdrms, 2367 SqFt, 1969 YrBlt, 12-15-17;
Previous Sale: \$790,100, 10-12-15

MORAGA

- 115 Alta Mesa Court, \$1,119,000, 3 Bdrms, 1954 SqFt, 1974 YrBlt, 12-27-17;
Previous Sale: \$854,000, 08-15-07
- 1965 Ascot Drive #1, \$532,000, 2 Bdrms, 1301 SqFt, 1966 YrBlt, 12-19-17;
Previous Sale: \$149,000, 03-11-13
- 1988 Ascot Drive #D, \$515,000, 3 Bdrms, 1473 SqFt, 1970 YrBlt, 12-22-17
- 10 Benedita Place, \$887,000, 3 Bdrms, 2095 SqFt, 1984 YrBlt, 12-15-17;
Previous Sale: \$184,000, 11-14-85
- 1349 Camino Pablo, \$1,300,000, 4 Bdrms, 2443 SqFt, 1978 YrBlt, 12-19-17;
Previous Sale: \$1,150,000, 08-11-15
- 2145 Donald Drive #9, \$382,000, 2 Bdrms, 1348 SqFt, 1964 YrBlt, 12-20-17;
Previous Sale: \$400,000, 01-27-17
- 100 Fernwood Drive, \$1,290,000, 4 Bdrms, 2091 SqFt, 1971 YrBlt, 12-18-17;
Previous Sale: \$349,000, 06-24-88
- 18 Fleuti Drive, \$1,050,000, 5 Bdrms, 2638 SqFt, 1970 YrBlt, 12-13-17
- 1820 Joseph Drive, \$1,409,000, 4 Bdrms, 2452 SqFt, 1971 YrBlt, 12-13-17;
Previous Sale: \$307,000, 05-21-84
- 76 Miramonte Drive, \$628,000, 3 Bdrms, 1248 SqFt, 1964 YrBlt, 12-21-17;
Previous Sale: \$480,000, 05-12-09
- 599 Rheem Boulevard, \$1,349,000, 5 Bdrms, 2630 SqFt, 1954 YrBlt, 12-13-17;
Previous Sale: \$349,500, 08-21-98
- 1217 Rimer Drive, \$1,425,000, 4 Bdrms, 2471 SqFt, 1966 YrBlt, 12-27-17

... continued on page D9



20 Whitfield Court, Pleasant Hill

Cool Homes. Fresh Market.

(Coming Soon in the First 90 Days of Spring Market)



CLARK THOMPSON
REAL ESTATE BROKER
VILLAGE ASSOCIATES

Office: 925-254-8585 | ct@clarkthompson.com
www.clarkthompson.com



CALBRE# 00903367



Feng Shui

Fairness and justice are highlights of 2018 Yang Earth Dog year

... continued from page D1

Reassessing the inner spiritual values of individuals and society at large and consciously integrating “higher-self” values into daily life, will create a spiritual reservoir for many to rely upon in 2018. Dog year will awaken our intuition and deep moral sense and the human values of honesty, integrity, loyalty and generosity will be the values that lead to a successful path under 2018 Dog’s watchful eye.

Earth Dog is endowed with some of the finest qualities of all the Chinese Zodiac animals, including overall success at enterprises, generosity, kindness and caring for others. The 2018 Earth Dog year includes a sensitive sense of justice, the rule of law or the sense of right and wrong and balanced support for the underdog. Quiet Dog persuasion and diplomacy will take center stage and those wanting success in 2018 would do well to follow this lead by applying generosity, kindness and patience in all business matters. Finding life’s higher purpose, lending a sincere helping hand, generously reaching out to others less fortunate, will also be richly rewarded in the 2018 Dog year.

Many voices around the world will also rise to highlight the importance of universal values of dialogue and solidarity, and individual demagoguery will be rejected by the majority. There will be an increase in social awareness and interest in the socially less powerful members of our society, efforts that are aimed at creating a more fair society for all will have wings. Any tendencies to take will be replaced by widespread sentiments of generosity and selflessness, a sense of fair play and honoring commitments. Principles and dignity will be front and center and frivolity and superficiality will not find much support during Dog year. Controversial issues are given their scrutiny and due, revolutions are successful, politics are liberal, and political oppression is opposed usually in Dog years.

The 2018 Earth Dog will require more seriousness in business, a hard working approach and

being responsible for greatest success. Dog years are not supportive of waste and unnecessary expenses. This is a great year to start a new business venture, provided the Dog year values are adhered to and integrated into your business plan. If you are investing in Dog year it is advised to seek professional guidance and help. Companies that equitably share success and resources will be most rewarded in 2018 Dog year, as well as those who are practicing sound environmental policies such as implementing solar and wind technologies. Companies investing in the welfare and health of their workers and consumers through increased investment in recycling and renewable energy will be rewarded with increased revenues in 2018.

From a personal health perspective it’s a great year to create more balance in our personal care, and avoiding the truly unhealthy. Many will find the consciousness to quit smoking or dramatically increase exercise commitments or refocus on diet improvements. We will be able to be far more consistent with any health changes we decide to make in 2018 Dog year. Borrowing from Dog’s well-documented intelligence our creativity is at its height as we forge new paths for a truly balanced lifestyle. We will be more realistic and sustainable regarding our dietary choices and close the gap between work and home balance.

May 2018 Earth Dog year bless you with kindness, balance and deep happiness.

In any given year it’s considered wise and prudent to know specifically the nuances of how your personal Chinese animal sign interacts with the animal that rules the year, in 2018, it is the Yang Earth Dog, when making important life decisions about the timing with personal, professional, career, moving, love, marriage, health, or travel decisions.

For your personal Chinese Animal & I CHING 2018 Empowerment Chart Reading, you can schedule an in person or remote/Face-time session. For more details, visit www.mandalafengshui.com.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION LI Fire South Red Summer	RELATIONSHIPS KUN Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2017 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.

COMING SOON
Fabulous True Mid-Century Modern Home
40 Acacia Drive, Orinda



4 bed/4 bath
Approx. 3,300 sq ft

Fabulous true Mid-Century custom home features an open floor plan, floor to ceiling windows, modern chef's kitchen, 2 master suites, unique architectural design and details, multiple indoor/outdoor living spaces and serene private gardens. This unique home is ideally set in a quiet neighborhood with easy access to town, BART, commute routes, top-rated Orinda schools, hiking trails, restaurants and shops.

Don't miss out!
Call for details.



Finola Fellner

925.890.7807
BRE #01428834

REAL ESTATE



©2018 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker is a registered trademark licensed to Coldwell Banker Real Estate LLC. All other trademarks are the property of their respective owners. Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC. Coldwell Banker Residential Brokerage or NRT LLC. CalBRE License #01908304.



It's not just about
finding an address.
It's about finding a home.

A home is so much more than a
place to put your furniture.

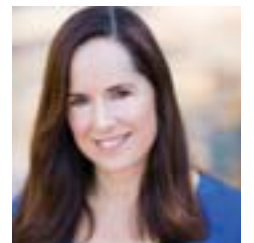
It's where family dinners take place,
homework is done, holidays are
celebrated and life happens.

I'd love to be part of your 2018
buying or selling plans.

- Michelle


MICHELLE
HOLCENBERG
REALTOR

Michelle Holcenberg
(925) 324-0405
michelle@holcenberg.com
www.holcenberg.com
License #01373412



**COLDWELL
BANKER**

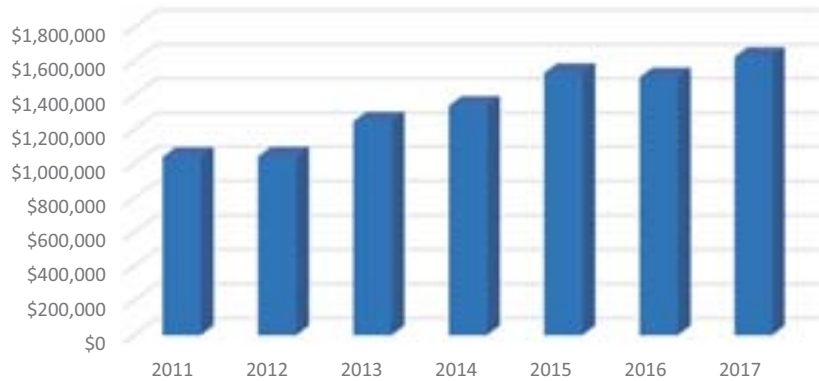
©2018 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC, Coldwell Banker Residential Brokerage or NRT LLC. CalBRE License #01908304.

The Real Estate Year in Review

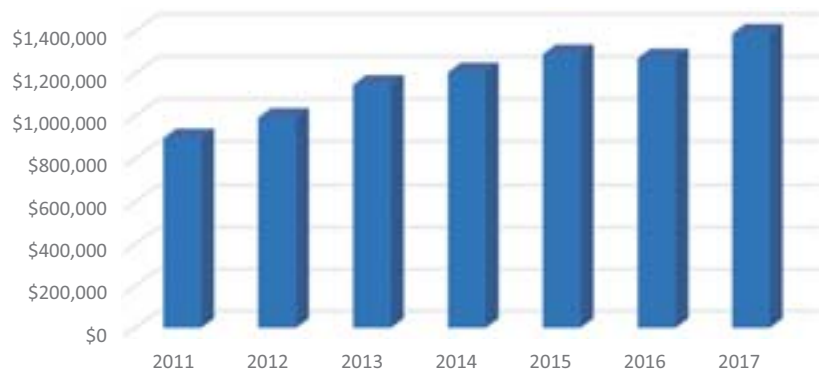
2017 home sales in Lamorinda

By Conrad Bassett, CRP, GMS-T

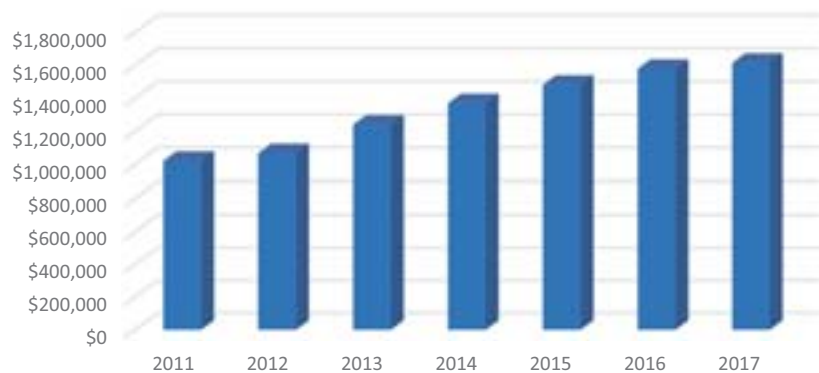
Average sales price in Lafayette



Average sales price in Moraga



Average sales price in Orinda



It was another extremely strong year for sellers of residential real estate in Lamorinda; sales volume in 2017 rebounded as supply increased but that was matched by continued strong demand and average prices went up in Lafayette, Moraga and Orinda.

Homes stayed on the market for a similar limited time like in 2016 and the majority of homes sold at or above their asking price.

Per Contra Costa Association of Realtors statistics reported for closings January 1 through December 31, 2017, 312 single family homes closed in Lafayette versus 263 in 2016. There were 338 in 2015 and 302 in 2014. For the 312 reported closings, sales prices ranged from \$740,000 to \$6.5 million and the average time on market was 23 days, a slight decrease from the 28 days in 2016. The average sale price was \$1,625,636 up from \$1,506,811 in 2016. In 2015 it was \$1,531,605, \$1,339,303 in 2014, \$1,248,532 in 2013, \$1,042,921 in 2012 and \$1,040,014 in 2011. The average sales price was 102.2 percent of the final list price. There were no Lafayette short sales or foreclosures sold on the MLS.

In Moraga there were 164 single family closings which was a huge increase from 108 in 2016 and 135 in 2015. There were 150 in 2014. Prices ranged from \$725,000 to \$2.75 million. The average sale price was \$1,388,287. This was a solid rise from the \$1,272,179 in 2016. The 2015 average was \$1,290,804, \$1,205,576 in 2014 and \$1,147,207 in 2013. In 2012, it was \$991,469 and in 2011 it was \$894,768. The number of days on market in 2017 was 28 - about the same as 26 in 2016. The average home sold for 100.9 percent of its last list price. There was one REO property that closed on the MLS and no short sales.

In Orinda the number of single-family closings was at 242 - up slightly from 229 a year ago but down from 256 in 2015 and 276 in 2014. The reported sales ranged in price from \$650,000 to \$3.9 million with an average price of \$1,614,279. In 2016 it was \$1,577,727. In 2015 it was \$1,481,443 and in 2014 it was \$1,370,088. In 2013 it was \$1,240,158 and in 2012 it was \$1,068,303. The average was \$1,021,751 in 2011. The average market time was 24 days, about the same as a year ago when it was 23. The average sales price was an average of just over 102 percent the final list price for the reported sales. There were no short sales or REO (bank owned) sales in Orinda in 2016 or 2017.

There were no reported sales in the MLS in Canyon in 2017.

On an average price per square foot basis for reported sales in 2017, Lafayette homes sold for \$642.46 up solidly from 2016 when it was \$589.47. In 2015 it was \$585.87 and an increase from 2014 when it was \$546.87. In 2017, Moraga homes sold for \$565.37, a slight increase from \$558.02 per square foot in 2016, and \$532.90 in 2015. In Orinda last year it was \$609.13, also a little rise from \$594.37 in 2016 and \$560.79 in 2015 and continuing the trend that started in 2012. It was \$520.77 in 2014 and \$489.85 in 2013 and \$422.68 in 2012.

In the condominium/town home category, Lafayette had 30 closings in 2017, a big increase from the 16 closings in both 2016 and in 2015. As new developments of condominiums and townhomes are being added in Lafayette, some new construction sales will not go through the MLS.

... continued on page D10





Charming Private Estate
1830AlamedaDiabloRoad.com
 1830 Alameda Diablo | \$4,350,000
 5 Bedrooms, 4.5 Bathrooms
 Debbie Wright | 925.285.1466

Web Id: 7ZQFW9, CalBRE #01381698



Custom Mediterranean
2106Cascara.com
 2106 Cascara Court | \$3,900,000
 6 Bedrooms, 8 Bathrooms
 Rebecca Burns | 925.788.1203

CalBRE #01952765



Enthralling Executive Home
BuckinghamVilla.com
 6805 Buckingham Blvd. | \$2,988,888
 4 Bedrooms, 3.5 Bathrooms
 Herman Chan | 415.787.3450

Web Id: 86DFJV, CalBRE #01988025



Exquisite Tuscan Contemporary
6905Elverton.com
 6905 Elverton Drive | \$1,498,000
 4+ Bedrooms, 3 Bathrooms
 Herman Chan | 415.787.3450

Web Id: DKW4HH, CalBRE #01988025



Gorgeous Orinda Remodel
21Ramona.com
 21 Ramona Drive | \$1,395,000
 3 Bedrooms, 2 Bathrooms
 Bernie Myers | 510.333.6966

Web Id: 3SDMLM, CalBRE #01453633



Wonderful Single Story
1503Huston.com
 1503 Huston Road | \$1,049,000
 5 Bedrooms, 2.5 Bathrooms
 Lauren Holloway | 925.285.1728

Web Id: B3MT23, CalBRE #01393592



Beautifully Updated Condo
ggsir.com
 4 Bosworth Walk | \$698,000
 3 Bedrooms, 2.5 Bathrooms
 Kimberly Gillman | 925.980.2209

Web Id: QBCWST, CalBRE #01228474



Resort Style Living
ggsir.com
 315 Masters Court #2 | \$520,000
 2 Bedrooms, 1 Bathroom
 Shiva Jafarzadeh | 925.876.2290

Web Id: 996DS9, CalBRE #01507290

Golden Gate

Sotheby's
 INTERNATIONAL REALTY

Contact a GGSIR Sales Associate for All Your Real Estate Needs.

BERKELEY
510.542.2600

DANVILLE
925.838.9700

LAFAYETTE
925.283.7866

MONTCLAIR-PIEDMONT
510.339.4000

ggsir.com

Each Office Is Independently Owned and Operated.

PREMIER KITCHENS

While we specialize in **kitchens**, our team is able to **design** custom quality **cabinets** for any room meeting your **aesthetic** and **functional** needs all within your **budget**.

Schedule a meeting or just stop by!

(925) 283-6500

3373 Mt. Diablo Blvd.
 Lafayette, CA 94549
 info@premierkitchens.net
 www.premierkitchens.net





21-25 BALL ROAD | WALNUT CREEK

Beautiful Craftsman style home in Walnut Heights built in 2008, just minutes from excellent schools, Highway 680/24, downtown Walnut Creek and hiking trails. 5 Bedrooms, 5 Bathrooms, detached in-law unit, 3 separate garages for parking 4 cars on a .50± acre flat lot.

Offered at \$2,285,000



Paul & Virginia Ratto

925 998 9501
 vvarni@pacunion.com
 rattoandratto.com
 License # 00900621 | 01361537

**PACIFIC
 UNION**
 INTERNATIONAL

Tom Stack



Broker Associate
 925.878.9964

Tom.Stack@camoves.com
 www.TomStack.com

CalBRE #01501769



PENDING/Seller

132 Northcreek Cir., Walnut Creek



NEW LISTING

5370 Meadow Wood Pl., Concord
 \$640,000



©2018 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC, Coldwell Banker Residential Brokerage or NRT LLC. CalBRE License #01908304.

D&N
Construction
 Lic 827695 Class B

Home Improvement & Handyman Services

We Specialize in Small Projects

Any Home Repair
 Bath & Kitchen Remodel
 General Construction
 Sheet Rock & Siding
 Plumbing & Electrical
 Decks

Garage Doors
 Countertops
 Basements
 Dry Rot & Roof Repairs
 Skylights

**Free
 Estimates**

Call or Text: Shawn 925-852-9189 or
 Email Dave: Dneedle@yahoo.com

Drainage Systems

- Standing Water Problems Eliminated
- Sump Pump Service, Repairs & Replacement
- Drainage Inspections & Reports
- Retaining Walls
- Grading



925-944-5263
 drainagepros.com



Lic. #
 512288

A+ rated

Lamorinda Home Sales recorded

... continued from page D2

MORAGA ... continued

23 Sanders Ranch Road, \$1,410,000, 4 Bdrms, 2697 SqFt, 1985 YrBlt, 12-19-17;

Previous Sale: \$575,000, 03-18-91

94 Sanders Ranch Road, \$2,300,000, 5 Bdrms, 4605 SqFt, 1988 YrBlt, 12-20-17;

Previous Sale: \$1,980,000, 03-09-05

1735 St. Andrews Drive, \$1,015,000, 2 Bdrms, 1444 SqFt, 1974 YrBlt, 12-21-17

1748 St. Andrews Drive, \$833,500, 2 Bdrms, 2029 SqFt, 1974 YrBlt, 12-21-17

22 Via Barcelona, \$1,150,000, 4 Bdrms, 2577 SqFt, 1989 YrBlt, 12-14-17;

Previous Sale: \$420,000, 10-12-89

ORINDA

55 Claremont Avenue, \$1,150,000, 4 Bdrms, 2100 SqFt, 1950 YrBlt, 12-21-17;

Previous Sale: \$850,000, 05-10-13

8 Dos Posos, \$1,647,000, 4 Bdrms, 3652 SqFt, 2005 YrBlt, 12-15-17;

Previous Sale: \$675,000, 03-29-05

2 Estabueno Drive, \$1,250,000, 2 Bdrms, 1730 SqFt, 1954 YrBlt, 12-13-17

44 Knickerbocker Lane, \$1,420,000, 3 Bdrms, 3106 SqFt, 1977 YrBlt, 12-13-17;

Previous Sale: \$1,275,000, 03-08-05

132 Overhill Road, \$1,250,000, 3 Bdrms, 1334 SqFt, 1955 YrBlt, 12-19-17;

Previous Sale: \$720,000, 02-20-13

19 Tarabrook Drive, \$1,300,000, 4 Bdrms, 1693 SqFt, 1961 YrBlt, 12-14-17;

Previous Sale: \$784,000, 05-01-12

Need Solutions in Obtaining a Mortgage?

As a Mortgage Broker Mark Has Access to Numerous Banks to Find You the Best Loan!!



Mark Zinman

Mortgage Broker/Owner

MZ Financial Group

415-203-6369

Mark@mzfinancialgroup.com

35 Williams Drive, Moraga

MZ FINANCIAL GROUP

Mark and MZ Financial Group help borrowers qualify with all different types of situations. Some of the more common are:

- Investors looking to increase their holdings in residential or commercial properties
- Self-Employed individuals with income qualifying issues
- Borrowers with large assets and low incomes

Mark has been a mortgage broker for over 15 years and would love to put that experience to work in handling your mortgage needs!

Loan Officer Mark Zinman | mark@mzfinancialgroup.com | CA Bureau of Real Estate License #01335252 | NMLS License #248181
Supervising Broker Pacific Bay Lending Inc. CA Bureau of Real Estate #01874848 NMLS #318011

Sophisticated and Resort-Style Living

315 Masters Court #2 | Walnut Creek | Offered for \$520,000

Complex offers wonderful and useful amenities! Golf course views. Newer settings. End unit, convenient inside laundry, washer and dryer included, ground floor unit with disabled accessibility even in gym room. Distressed wood-like laminated floors, crown molding, granite countertops in bathroom. Kitchen updated with maple cabinets, stainless appliances. Close to pool, golf course, tennis court, gym, trails, freeways, hospital, restaurants and more. Short distance to WC BART and WC Downtown. One of a kind complex with low HOA fee of \$278 and many benefits. Must see!

Golden Gate

Sotheby's
INTERNATIONAL REALTY



Shiva Jafarzadeh

Broker/Realtor®

CalBRE# 01507290

925.876.2290 c

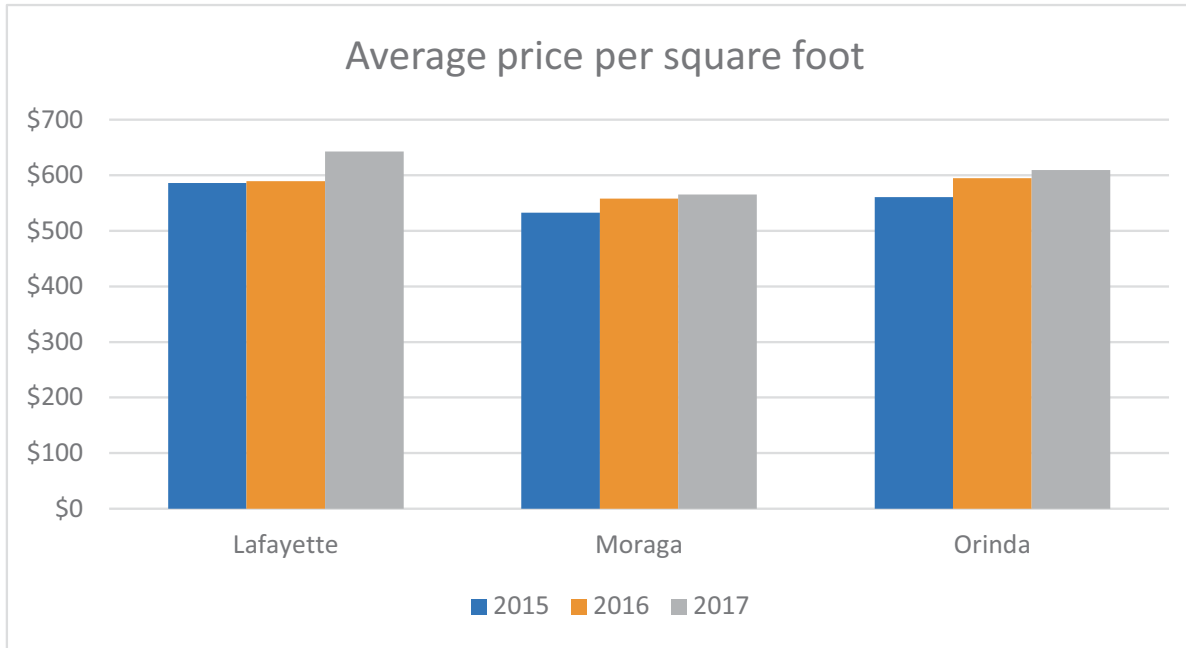
shiva.j@ggsir.com
HomesByShiva.com

Each Office Is Independently
Owned And Operated

The Real Estate Year in Review

2017 home sales in Lamorinda

... continued from page D6



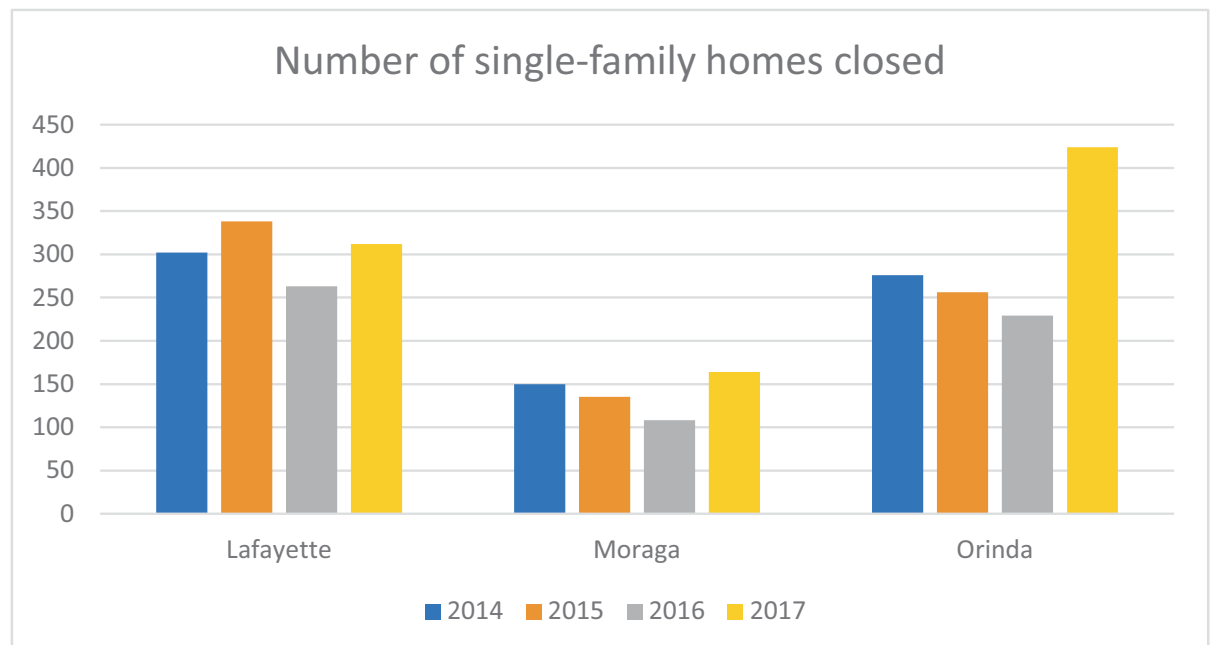
The actual sales if all of the new homes are included would increase the total. Prices ranged in 2017 from \$525,000 to \$1,239,000. Moraga had 65 closed units down again last year from the 79 closed units in 2016 and 81 in 2015. Sales ranged from \$350,000 to \$1,195,000. This includes attached homes in Moraga Country Club. Orinda had eight closings while they had four in 2016. They sold from \$425,000 for a one-bedroom on Brookwood to \$1.48 million in Orindawoods.

It should always be noted that there are also a few direct sales that do not go through the MLS and they are not reported here. These may include some foreclosures that were sold at the courthouse as well as some sales between private individuals.

As of Jan. 10, there were 33 dwellings under contract per the MLS in the three communities combined, with asking prices of \$514,500 to \$4.495 million. It should be pointed out that there is one "Potential Short Sale" that is currently pending and no REOs. Prices have continued to rise over the last few years and more owners now have equity in their homes and have not had to go the short-sale process or faced foreclosures.

A comparison of year-end inventory in the three communities combined shows 40 homes on the mar-

ket. Last January there were 45 homes on the market. Typically the biggest inventory is in the spring and early summer, however this current number may point to another year with a combination of qualified buyers vying for a continued limited supply. The current asking prices range from \$661,285 to \$1.65 million in the three communities combined.



In Lamorinda in 2017, 115 homes sold for more than \$2 million. In 2016, 82 homes sold for more than \$2 million.

Interest rates have remained historically low although there has been some increase the last several weeks but they are still very attractive to those with down payments of at least 20 percent. Corporations continue to expand and contract and also to relocate families. The minimal amount of single family new construction has helped keep supply and demand within a better balance than a lot of other neighboring communities. The East Bay and closer to San Francisco communities like Lafayette, Moraga and Orinda as well as Piedmont and several neighborhoods in Oakland and Berkeley continue to benefit from their proximity to San Francisco where prices remain very high. The East Bay is a "bargain."

The new tax laws changing the amounts that can be deducted may affect the higher end market but this has yet to be seen. The trend that began in 2011 continues today where in many situations in the three communities the seller receives multiple offers and homes sell for above the list price. This, when coupled with an extremely low supply and a willingness by sellers to be realistic in their pricing should continue to fuel a strong market in 2018.

Cynthia Brian's Gardening Guide for February

Roses are red

By Cynthia Brian

"That which we call a rose by any other word would smell as sweet." – William Shakespeare, "Romeo and Juliet"



Mr. Lincoln, the perfect red rose.

Roses are red and pink, salmon, yellow, orange, purple, white, mauve, and are available in a plethora of color combinations and variety choices. Under the thumb of a knowledgeable gardener, roses are one of the easiest plants to grow providing 10 to 11 months of beautiful blossoms. Because of our warmer California weather, my roses are still

blooming profusely even though I am in the process of performing my annual winter pruning. (Of course I am gathering the flowers to use in my indoor arrangements and potpourri). Many gardeners shy away from roses assuming they are just to "fussy" and demanding to be sustainable, yet, in my experience, I have always found roses to be the bedrock of my multi-purpose

gardens.

February is the perfect month to plant bare root roses. Whether you are planning to purchase bare root or containerized roses, follow these simple instructions for success.

1. Always buy healthy specimens. Choose your plants carefully. A damaged, diseased or dried rose will not recover and may cause problems for your other specimens.
2. Choose a sunny site where your rose will get at least six hours of sunshine daily.
3. Enrich the soil with a rich humus organic matter that will allow for good drainage. Roses like acidic soil with a 6.5 pH.
4. For container roses, soak the roses for at least half an hour and allow all the water to drain. Bare root roses need their root systems soaked overnight. Do not allow roots to dry out.
5. Space at least two feet apart to allow for air circulation.
6. After digging your hole, add compost or rotted material, permitting the bud union to be two to three inches below ground.
7. Add three inches of coarse mulch around the roses. The mulch keeps splashing water from spreading fungal disease on the foliage. Blackspot spores may germinate whenever leaves are wet. Fungus must be killed with a fungicide before it enters the leaf tissue. Dust or spray before a rain.
8. Water deeply directly to the soil and keep the soil moist but not soggy. Overhead sprinklers are not recommended.
9. Fertilize in the spring. I add a cup of alfalfa pellets to each plant, which I buy at the feed store, combined with diatomaceous earth. Work it well into the soil. Alfalfa supplies nitrogen, calcium, phosphorus, and plenty of other nutrients. Throughout the year, I swirl my used coffee grounds in a quart of water and throw them on the plants. Plus, whenever I eat a banana, the peel flies into the rose garden. The potassium and phosphorus aid in blooming.

... continued on page D12

Cynthia Brian's Gardening Guide for February

Roses are red

... continued from page D11



A magnificent rose garden of David Austin Thomas a Becket red, Scarborough Fair, Hyde Hall, Christopher Marlowe, Lady of Megginch, Ballerina with Treasure Trove, Graham Thomas, and Mortimer Sackler as climbers. Photos Cynthia Brian

10. Encourage beneficial insects to visit your roses to keep diseases away. By mixing lavender, bulbs, and other pollinator attracting plants with your roses, you will have fewer pests to fight.

11. Prune in January or February and cut off faded blooms throughout the year to insure continuous flowering.

Although I have a collection of types and varieties of roses in my garden, since meeting senior rosarian of David Austin English Roses, Michael Marriott, English roses have become a favorite staple because of their resistance to disease, their beau-

tiful shapes, varied foliage, and unrivaled fragrance. Marriott will share his expertise about rose care and pruning from 4 to 5 p.m. Jan. 24 on my internationally broadcast radio show, StarStyle®-Be the Star You Are!®. Tune in live or to the archives at www.voiceamerica.com/episode/104744/david-austin-roses-with-michael-marriott-and-growing-with-the-goddess-gardener. Description, links and photos will be at www.StarStyleRadio.com.

These are abbreviated pruning instructions that Marriott shared with me for the best outcomes for your rose garden.

... continued on page D14





A potted Princess Anne rose by David Austin.



Michael Marriott's cottage garden.

Pruning Roses

... continued from page D13

Why Prune: It is imperative to prune roses annually to maintain the shape and blooming qualities of the rose. You'll keep your plant healthy and stimulate growth by removing any weak, dead or diseased canes.

Tools: Loppers, shears, secateurs, saw and gloves. Sterilize tools with alcohol before using and make sure tools are sharp so as not to damage the plant.

When to Prune: Pruning needs to be done during the dormant months of January and February. Later pruning can be detrimental as the plant's energy will be depleted and plants could be susceptible to frost.

How to Prune: If possible, cut above a bud on a slight angle. For a large group of shrub roses, a hedge trimmer is useful.

How Much to Prune: Different roses require different pruning techniques. A good rule of thumb is to prune down to one half or one third of the original height of the plant and thin out any spindly stems.

1. Climbing and Rambling Roses require less pruning as the goal is to get them to climb and ramble along fences, arbors, or other structures.

2. Repeat Flowering Shrub Roses (English roses, some old roses): The shape of the plant is the most important. You can be flexible according to your wishes, but reducing the height to one-third to two-thirds is normal.

3. Once Flowering Shrub Roses (old roses such as Albas, Gallicas, Damasks): Do not hard prune as flowering shoots are only produced on stems that are at least one year old.

4. Bush Roses (hybrid teas, floribundas, patio, polyanthas, and miniatures): Hard pruning the height by two-thirds to three-fourths and thinning is recommended.

5. Species Roses (originals): No pruning necessary as they are close to wild plants and thrive on neglect.

6. Standard Roses: Standard roses are formed by budding any of the above roses on a special stem. Pruning to one-third will be sufficient with thinning and light pruning throughout the year.

Clean up: Rake all leaves, stems and canes. If your roses are not patented, you can share healthy canes with friends or plant in other areas of your garden. Add mulch to the rose bush.

McDonnell Nursery is offering a winter rose pruning workshop at 10 a.m. Saturday, Jan. 27 at 193 Moraga Way in Orinda. Space is limited so call (925) 254-3713. This will be a very useful event for all rose lovers.

Every year I add a few more roses to my landscape to increase colors, scents, and shapes.

This season I will be planting these selections from the glorious David Austin collection:

Comte de Chambord
Strawberry Hill
Crown Princess Margareta
Olivia Rose Austin
Huntington Rose
Charles Rennie Mackintosh
Lady of Shalott
Spirit of Freedom
The Wedgwood Rose

Investigate the choices of David Austin Roses at your favorite nursery and garden center or save 15 percent on your order through Feb. 28 at www.DavidAustinRoses.com.

Roses are red, pink, salmon, yellow, orange, purple, white, mauve, and a multitude of other hues. I encourage you to put on your rose-colored glasses, gloves, hat, and enjoy pruning and planting the "rose that by any other word would smell as sweet."

Happy Gardening. Happy Growing.

Cynthia Brian



Yellow roses and rose hips.



Hedge rose in pretty pink.



Olivia Rose Austin rose in a mixed garden.



Cynthia Brian and Michael Marriott, senior rosarian at David Austin English Roses talk everything roses from 4 to 5 p.m. Jan. 24 at www.StarStyleRadio.com.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3.

Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Buy a copy of the new book, Growing with the Goddess Gardener, at www.cynthiabrian.com/online-store.

Available for hire for projects and lectures.

Cynthia@GoddessGardener.com

www.GoddessGardener.com

McDonnell  Nursery

family owned since 1933

Summer Rose Care Workshop
Saturday, January 27, 10 AM

To reserve a seat please call: (925) 254-3713
 or info@mcdonnellnursery.com

Flowers • Trees • Succulents • Pottery & Fountains
 Benches • Garden Decor • House Plants • Gifts
 Jewelry • Landscape Consultation

www.mcdonnellnursery.com

196 Moraga Way • Orinda • (925) 254-3713 • Open Daily

DESIGN
 INSTALLATION
 IRRIGATION
 DRAINAGE
 STONWORK
 CONCRETE WORK
 DECKS
 FENCES
 PATIOS
 LAWNS
 PONDS
 CLEANUP &
 HAULING

BLUE RIDGE



510-847-6160

LANDSCAPE COMPANY INC.
 BLUE JAY FELDMAN
 OWNER/OPERATOR
WWW.BLUERIDGE.LC.COM

LICENSED
 INSURED
 Lic# 818633




Reach 60,000+ in Lamorinda
 Advertise in
 Lamorinda Weekly
 Call 925-377-0977 today

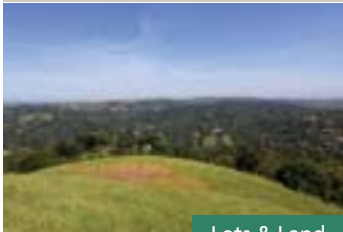
We print and deliver 26,000 copies every other week.

LAMORINDA
WEEKLY

Local newspaper delivered to Lafayette, Moraga and Orinda

LAMORINDA'S LEADING INDEPENDENT REAL ESTATE FIRM

ORINDA



Lots & Land

40 Dos Osos

Incredible Orinda, San Pablo Dam, Mt. Diablo forever views Once in a lifetime opportunity raw land sale.

\$489,000

ORINDA



40 Los Altos Road

This 4605sf handsome custom contemporary is the quintessential restorative retreat in OCC. Views/ Pool/Tennis/Gardens – all on 2.27ac.

\$2,495,000

ORINDA

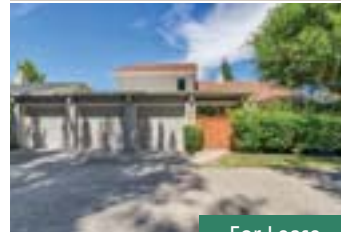


10 Winding Lane

A setting like no other. A tasteful estate situated up a winding lane of 8.6 acres. 3 main structures of apx. 23,422 sq.ft.

\$16,500,000

MORAGA



For Lease

1727 Spyglass Lane

Moraga Country Club Plan 13 - Detached, 4 Beds / 2.5 Baths. Includes swimming pool, tennis, & golf.

\$5,500/Month

MORAGA



New Listing

1941 Ascot Drive

Bright 2bd + den/2ba 1,379 sqft 1 level town home with views, front & back patios. TOP Moraga schools!

\$725,000

MORAGA



23 Indian Wells Street

Moraga Country Club Bruzzone built Wimbledon Expanded. 4 Bedrooms/ 3 bathrooms/ 3122 SqFt. Top-Rated Schools!

\$1,400,000

LAFAYETTE



961 Oak View Circle

Complete fixer with approved plans for Beautiful Craftsman Style home in amazing location.

\$999,000

LAFAYETTE



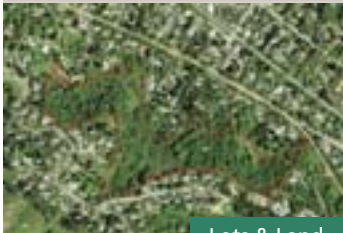
New Listing

4176 Coralee Lane

Commuters Dream! Beautifully Updated 2009 sq.ft. home close to downtown Lafayette, BART & CA24.

\$1,350,000

LAFAYETTE



Lots & Land

3333 Hamlin Road

Super opportunity on almost 20 acres. One of the last big parcels of land in Lafayette to develop.

\$2,500,000

LAFAYETTE



New Listing

1601 Reliez Valley Road

Breathtaking new custom by SpringHill Homes boasts 5bd/4.5ba, 4323sf of incredible living spaces on scenic 1.23acres.

\$3,650,000

ROSSMOOR



1840 Tice Creek Drive, #2432

Bright & cheerful 4th floor Chatsworth Model with western views of Mt. Diablo. Spacious floor plan.

\$360,000

ROSSMOOR



New Listing

618 Red Wing Court

Beautiful, panoramic views of the Rossmoor Valley welcome you to this lovely 3 BR/ 2 ½ BA, Single Level Eagle Ridge home.

\$1,415,000

The Village Associates:

Ashley Battersby
Patricia Battersby
Shannon Conner
Meara Dunsmore

Linda Ehrich

Joan Evans

Linda S. Friedman

Dexter Honens II

Anne Knight

Susan Zeh Layng

Charles Levine

Darrick Martin

Erin Martin

April Matthews

Hillary Murphy

Karen Murphy

John Nash

Ben Olsen

Sue Olsen

Tara Rochlin

Jaime Roder

Altie Schmitt

Judy Schoenrock

Ann Sharf

Amy Rose Smith

Molly Smith

Jeff Snell

Lynda Snell

Steve Stahle

Clark Thompson

Angie Evans Traxinger

Ignacio Vega

Ann Ward

Jenny Lyons Wilhite

Margaret Zucker

facebook.com/VillageAssociates
twitter.com/villageassoc
instagram.com/VillageAssociates

93 Moraga Way, Suite 103 • Orinda, CA 94563 • Phone: (925) 254-0505

Visit www.villageassociates.com Click on **Sunday Open Homes**

Village
ASSOCIATES
REAL ESTATE