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Peanut butter sandwich assembly line.

Photo Vera Kochan

JM students volunteer lunch hours to feed homeless

By Vera Kochan

Students at Joaquin Moraga Intermediate School have voluntarily given up their lunch period every Friday of the school year to make sandwiches for the homeless.

JM's math teacher Brett Lorie created the 10,000 Lunches program just over a year ago and estimates

that this school year, 102 students have volunteered over 300 hours of service. To date nearly 4,000 lunches have been made.

"The program as it exists now is the fourth or fifth iteration of various programs that we've had at JM for the past 15 or so years," Lorie explained. "We've always had an incredibly supportive, community-service minded group of kids, families and school staff. Beginning with delivering holiday

gifts to a school my wife taught at in Concord, then taking kids to serve meals at Glide Memorial Church in San Francisco, to making breakfast at Loaves and Fishes in Martinez, to now making bagged lunches for the homeless in Oakland."

Lorie's wife and son helped him get the ball rolling a year ago. Since then Karlene Steelman and other JM teachers helped him to establish the lunchtime program. ... continued on Page A9

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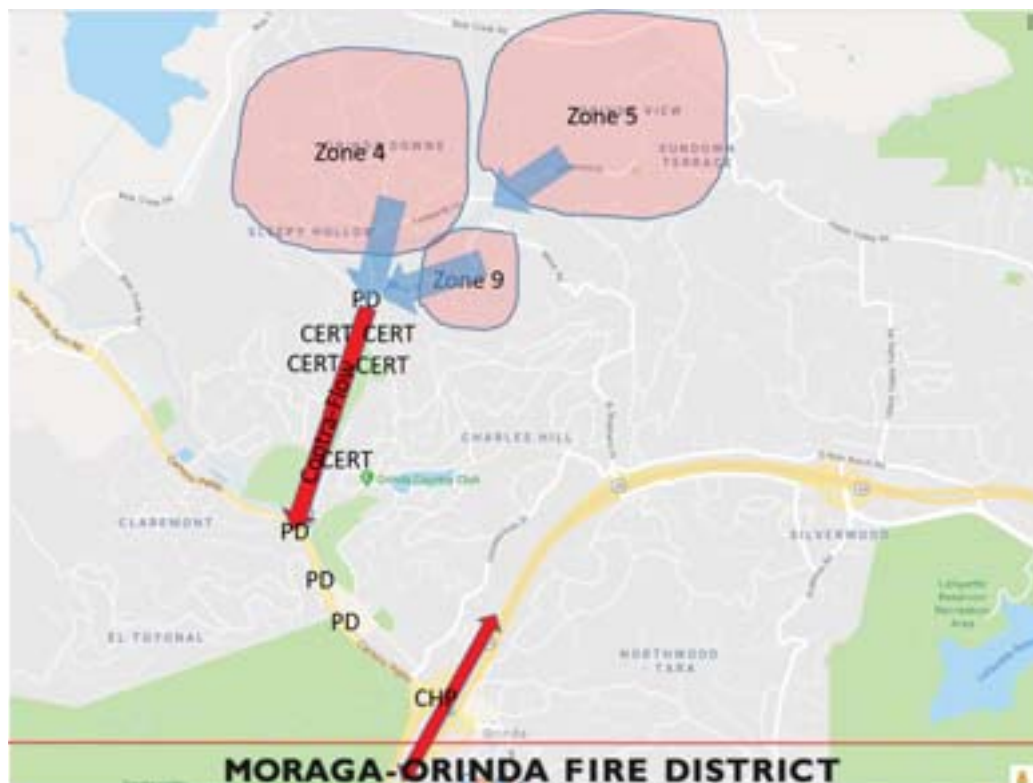
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North Orinda wildfire evacuation exercise planned for Jan. 26



Evacuation areas and traffic flow guide for north Orinda exercise.

Image MOFD

By Nick Marnell

With information gleaned from the Moraga emergency evacuation exercise in December, and prepared to expand the drill into a larger area and onto a major freeway, the Moraga-Orinda Fire District, in partnership with the Orinda and Moraga police departments, the California Highway Patrol and the Lamorinda Community Emergency Response Team, will conduct a second Lamorinda wildfire evacuation exercise in north Orinda on Saturday, Jan. 26.

At 7 a.m. that day a Community Warning System alert will be sounded to participating residents of the Sleepy Hollow, Dalewood-Orinda Downs and Upper Miner Road neighborhoods. Evacuees will travel from their homes to the intersection of Miner Road and Lombardy Lane. From there, law enforcement and CERT volunteers will direct traffic along Miner, which will be closed to eastbound

traffic and all lanes converted to westbound only, to Camino Pablo. Evacuees will drive southbound on Camino Pablo to the Highway 24 on ramps. All roads will reopen and revert to normal driving patterns by 8 a.m.

The Moraga Country Club area was chosen as the site for the December evacuation because of its relatively small size, the cooperation from the MCC homeowners association and because the country club has only one way in and one way out. The drill included 360 residents, 120 cars and 74 CERT members – the largest turnout of the group ever, according to Fire Chief Dave Winnacker. The exercise continued along Moraga Way to the Glorietta Boulevard intersection.

The north Orinda drill will encompass three major zones, with 1,400 homes having been notified of the evacuation exercise.

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And then again there were five – Steven Bliss appointed to city council



Photo Pippa Fisher

City Clerk Joanne Robbins swears in the latest member of the council, Steven Bliss.

By Pippa Fisher

Lafayette city council moved forward at its Jan. 10 special meeting, appointing Steven Bliss, former vice chair of the planning commission, to the fifth seat, made vacant by the sudden passing of Council Member Mark Mitchell in November. Bliss will serve until November 2020, the remainder of Mitchell's term.

The council invited applications for candidates to fill the position following a unanimous vote to do so at a special meeting Dec. 19. Many in the community expressed their strong opinion at that time that former Council Member Ivor Samson, an attorney and the main force behind last year's controversial overhaul of the conflict of interest policy for planning and design review commissioners, who was one

of five to run in the November election for two vacant seats, should automatically be appointed since he had come in a close third behind council members Susan Candell and Teresa Gerringer. While Samson supporters claimed the voters had spoken for him, many others claimed that the vote represented the opposite – a desire for a change.

Samson supporters were vocal in their support at the Jan. 7 meeting during which the council interviewed eight candidates. The meeting, which went until long after midnight, saw the four council members narrow their selection to two candidates: Samson and Bliss. However, as the hours went by the council seemed completely deadlocked – Vice Mayor Mike Anderson and Gerringer favoring Bliss, with Mayor Cam Burks and Candell for Samson.

Choosing to continue the meeting

and avoid resolving the deadlock with a coin toss, which actually happened 15 years ago in another deadlock situation, the council met again three days later, bringing back both Bliss and Samson for further questions.

The evening was emotionally charged. Close to 30 speakers voiced opinions. Several residents showed dismay that the issue could potentially be decided by a coin toss and urged the council to "do their job." Posters supporting Samson lined the steps outside the meeting room.

The council asked questions of each candidate to draw comments on hot topics such as state mandates on housing and development, and restoring transparency and trust in local government.

... continued on Page A11

Large art gallery pop-up brings culture, commerce, community to downtown



Photo provided

The old Wells Fargo Bank building will provide an airy location for the new pop-up gallery coming to downtown Lafayette.

By Pippa Fisher

Although vacant for a while now, the highly visible former home of Wells Fargo Bank on the corner of Moraga Road and Mt. Diablo Boulevard will soon come to life with the arrival of a "pop-up" art gallery, opening this Valentine's Day.

The use of the empty building as a gallery and interactive event space is the result of collaboration between Jennifer Perlmutter, founder of Lafayette's Jennifer Perlmutter Gallery, and property owner Steve Cortese. It's an idea born from a suggestion from Council Member Mike Anderson at the second retail workshop held by the city council last year to use empty storefronts for pop-up space.

The gallery will take advantage of great natural light in the airy building and will utilize the teller counters and vault with safety deposit boxes.

Perlmutter is excited, noting that the location in the center of town will increase the gallery's visibility. She says that JPG@The Bank, as it is known, will serve to amplify their cultural and artistic voice. "It will be a hub where artists, fans and collectors will come together for culture, community and commerce," she says.

"The response has been awesome so far," says Perlmutter. "Our city council and Chamber of Commerce were the first to back me. And for that I am very grateful. The property owner, Steve Cortese, is setting an example for the other owners in town. I reached out right away to other artists and organizations I wanted to work with and they are all helping to make this very short timeline and

my extremely ambitious vision come to life!"

Perlmutter will be bringing in music performances, artist talks, wine tastings, collaborative painting, a weekend painting workshop with the Carl Heyward of Global Art Project, a youth poetry slam, Cal Shakes salon, a speaker night on the art of leadership, and more.

She explains, "We've done similar things in my other gallery with success and now we have more space to play with. I love to connect art and commerce through a mash up of all of these things, (and) what better place than an empty bank? I hope the city leadership as well as the property owners will see the benefit to the surrounding businesses and their other tenants."

The first exhibit in the pop-up gallery, titled "For The Love of Art," features Bay Area artists Charmaine Koh, Jane Burton, Carl Heyward, Akiko, Nicholas Coley and sculpture by Michael Rizza, among others. "New Currencies," the second exhibit, is a juried show with work submitted from national artists. All work is for sale and represented by Jennifer Perlmutter Gallery.

"Perhaps some day the city of Lafayette would follow the model of a municipal gallery and financially sponsor a curated space with arts and education," says Perlmutter, adding, that the area is full of artists.

The first event "For the Love of Art" opens Feb. 14. Perlmutter is also encouraging artists to submit to the open call for "New Currencies."

Info: <https://jenniferperlmuttergallery.com/jpgatthebank/>

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Lafayette Public Meetings

Planning Commission

Monday, Feb. 4, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Jan. 28, 7 p.m. Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

City Council

Monday, Jan. 28, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

School Board Meetings

Acalanes Union High School District Wednesday, Feb. 6, 7 p.m. AUHSD Board Room 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us

Lafayette School District

Wednesday, Feb. 13, 7 p.m. Regular Board Meeting District Office Board Room 3477 School St., Lafayette www.lafsd.k12.ca.us

Nominations are open for the 2019 Lafayette Citizen of the Year

Do you have a person in mind for this year's nomination? Criteria are as follows:

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- 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 22 at the Lafayette Park Hotel & Spa to honor the winner! The deadline for submitting nominations is at 1 p.m. Friday, Feb. 8.

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

The hunt is on – an update

By Pippa Fisher

Now that the city council is complete and up and running, talk is turning again to recruiting a new city manager. At the Jan. 14 meeting the council's discussion moved them slightly closer to such a hiring with the appointment of an ad hoc committee comprising Vice Mayor Mike Anderson and Council Member Teresa Gerringer.

The council heard from city staff that four requests for proposals have been received from recruitment agencies.

The question now is how to move forward. All city council members want the

process to be as open as possible but recognize that there is a need to explore how best to proceed, possibly engaging focus groups and reaching out to residents, businesses, and the chamber of commerce.

After some discussion the council appointed Anderson and Gerringer to work with city staff, to come up with questions exploring how each of the four firms would suggest conducting an open process, to shortlist the firms and to bring the top one or two firms back before the entire council in an open meeting.

Stay tuned.

Lafayette's mayor takes it to the streets



Photo provided

Mayor Cam Burks (left) with Terry and John Kiskaddon of Harper Greer in La Fiesta Square.

By Pippa Fisher

Lafayette Mayor Cam Burks is becoming quite a familiar face around town. In fact, he spent the weekend of Jan. 12-13 walking the entire downtown area and stopping in on more than 70 businesses along Mt. Diablo Boulevard. Additionally he held his usual weekend mayor's coffee on

Sunday at the Starbucks in the East End.

Burks is taking on a very visible role this year, including maintaining an active presence on social media. His plan is to introduce himself and to discuss ideas for making the downtown even more vibrant.

... continued on Page A11

Terry Ring honored for behind the scenes work



Terry Ring Photo Andy Scheck

By Pippa Fisher

This year's Business Person of the Year has been named – Terry Ring of Ring Construction. He will be honored with a dinner celebrating his many contributions to Lafayette at the Lafayette Park Hotel and Spa on Friday, Feb. 1. Mayor Cam Burks will also give the State of the City address.

Ring is very involved with both the Lafayette Rotary Club and with the Chamber of Commerce. As the head of Ring Construction, a soft story expert company specializing in

seismic upgrades and foundation replacements, he has a decades-old history in Lafayette. Ring and his wife, Iris, have two grown children, Elizabeth and Conner.

Ring was born in San Francisco but was raised from a young age in Lafayette, attending local schools. After a few years of traveling in Latin America he attended UC Berkeley and graduated with a teaching credential. He worked at oil refineries and shipyards to pay for college. "After being unceremoniously fired for the last time, I decided to start my own company," says Ring, and so after getting his general contractor license, he started Ring Construction.

But even beyond his successful business, he is known around town for his boundless volunteering.

Among the many community projects for which Ring has offered his construction expertise are the stage at the reservoir and most recently, the memorial honoring local fallen service men and women at the Veterans Memorial Center.

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Getting to know Moraga's Vice Mayor Kymberleigh Korpus



Kymberleigh Korpus

Photo Vera Kochan

By Vera Kochan

Moraga's new Vice Mayor Kymberleigh Korpus was initially elected to the town council in 2016 and in December was unanimously appointed to her current position by sitting members of the council.

Korpus' decision to run for town council was motivated by her concern regarding Moraga's planning and financial issues. She had no specific goals or projects to pursue, but felt that her skills as an attorney would benefit town government in upholding local ordinances and guidelines. She felt it important to support the local economy and look ahead to any long-term impact that council decisions could have as a whole, all while serving the concerns of the community.

"I knew I would need to spend time digging into each new issue as it arose, learning how the process of running the town works, and developing relationships with residents, staff, and other town council members that would enable me to find/build the information, perspective and consensus I would need to help make good decisions." Korpus added, "I still maintain these goals today, and would like to think I have helped make some good progress toward accomplishing them."

Korpus is pleased with the work the town council has done in the first two years of her term, such as the creation of a new PD-C zone to help streamline the planning process for commercial districts and a revision of Moraga's General Plan to faithfully implement standards set

forth in Moraga's Open Space Ordinance. She feels that the town council's decisions reflected the expectations of its citizens by avoiding the approval of projects not consistent with the General Plan.

While Moraga's finances temporarily suffered through two catastrophic events – the Rheem sinkhole and Canyon Bridge closure -- within one year, Korpus felt that "the town council has become increasingly more fiscally aware and conservative over the last two years." Of paramount importance is the addressing of fiscal and infrastructure needs over luxuries, by prioritizing the development of a storm drain maintenance program.

... continued on Page A12

Eye-catching asymmetric love seat donated to Moraga

By Vera Kochan

It may come as a surprise to many Moraga Library patrons who have gotten used to seeing the bright orange (vermillion) bench since August 2016, but the outdoor work of art was only on loan. Now, thanks to the efforts of the Art in Public Spaces Committee, WeWILL (Women Instilling a Lasting Legacy) and the Lamorinda Arts Council, the asymmetric love seat has been permanently donated to the town.

A formal presentation was made during the Jan. 9 town council meeting with former vice mayor and WeWILL member Teresa Onoda heading up the honors: "A group of women put their

hearts, their minds and their money together to purchase this bench for Moraga."

The eco-friendly bench was created by award-winning Walnut Creek artist Colin Selig, who uses repurposed scrap propane tanks for his utilitarian artwork. The bright orange color was chosen to serve as a "landmark" element for people trying to find the library.

Selig presented the town with a Certificate of Authenticity, saying, "It's delightful to have my work here in Moraga. I live a town or two away, so I feel like it's in my backyard. I'm delighted to have it in a public location where many people will be able to enjoy it."

The process begins with

the Art in Public Spaces Committee searching to find sculptors and artists with interesting, public-friendly artwork. Committee members also make sure that the art is safe while searching for places to install it. Once those criteria have been met, a presentation is made before the town council for its approval to greenlight the installation.

The members of WeWILL generously donated nearly \$5,000 to purchase the love seat with the assistance from the Lamorinda Arts Council. A commemorative plaque will be installed at the bench listing the donors and honoring the memory of members Rita Rijavec, Jeanette Fritzky and Edy Schwartz.



Photo Vera Kochan

Asymmetric love seat adorns front of Moraga Library.

 <p>Town Council Wednesday, Feb 13, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Planning Commission Monday, Feb. 4, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Design Review Monday, Jan. 28, 7 p.m. <i>cancelled</i> Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Moraga School District Board Meetings Wednesday, Feb. 12, 7 p.m. Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga www.moraga.k12.ca.us See also AUHSD meeting page A2</p>
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Firearm sale zones go before Moraga Town Council

By Vera Kochan

During the Jan. 9 Moraga Town Council meeting, the Sale of Firearms Ordinance regarding the regulations and permitting of sales of firearms throughout the town was discussed. Sales would only be permitted in Commercial Zones.

Senior Planner Steve Kowalski of the Planning Department said the purpose of the ordinance was “to establish land use regulations to govern where firearm sales dealers can locate in the town and create a separate permitting or licensing process for all firearms dealers that would be administered through the police department.” He added, “If these amendments are approved, a firearms dealer wishing to open a business in Moraga, would first be required to undergo the police permit process which would include a thorough background check conducted by the police chief or his/her designee, and then obtain approval of a conditional use permit from the Planning Commission before he/she could set up shop in town.”

In January 2017, due to two gun-related suicides that had occurred the prior year in Moraga and another tragedy involving a teen in an accidental gun death in 1991, citizens requested that the town council adopt ordinances to in-

crease gun safety.

Nearly a year later, in February 2018, the town council voted 4-1 to adopt an ordinance regulating storage of firearms in all Moraga residences. Some current regulations include the prohibition of discharging of any firearms in town except by peace officers or in acts of self-defense, and prohibition of discharging any firearms in all town parks.

Kowalski’s presentation also quoted references from Moraga’s General Plan: “We value living in a safe environment”; “Protect public health and safety”; “A community that is free from crime.”

The proposal is to designate two Commercial Zone Districts where the town would consider issuing a permit at the Moraga and Rheem Valley shopping centers, while also considering a Limited Commercial District from the 7-Eleven store north to Rheem Boulevard.

Moraga’s Police Chief, Jon King stated, “Police permits shall only be issued for firearms sales within permitted zones within the town. Firearm sales would be permitted as proposed by staff in these two zones, and the police chief would be prohibited from issuing a police permit to a lot in any other zone in town.” He made it clear that, “There’s nobody beating down the door,

looking at us to set up in town.”

A permit from the police department is based on at least 15 factors of approval and the applicant must be in compliance with state and federal law. The Planning Commission would then examine where the applicant wants to sell firearms and any safety factors such as the proximity to schools or locations where minors congregate.

During the public comment portion of the town council meeting, most residents were in favor of an ordinance with designated zones, but pointed out that children were always located in or near the two Commercial Zone areas at all times of the business day.

Council Member Steve Woehleke pointed out that even the Limited Commercial District included areas where children were apt to be, stating, “There is no good location in Moraga.”

Mayor Roger Wykle said, “I support at this point, along with Renata (Sos) and Mike (McCluer) and maybe Steve (Woehleke), the Limited Commercial Zone as a start.”

Before concluding the discussion, Vice Mayor Kimberleigh Korpus proposed that police permits shall only be issued for firearms sales within the Limited Commercial District, and in no event shall be

issued for use in a home-based business. Council approved a motion to continue the issue

after staff had time to make revisions before bringing it back to a consent calendar,



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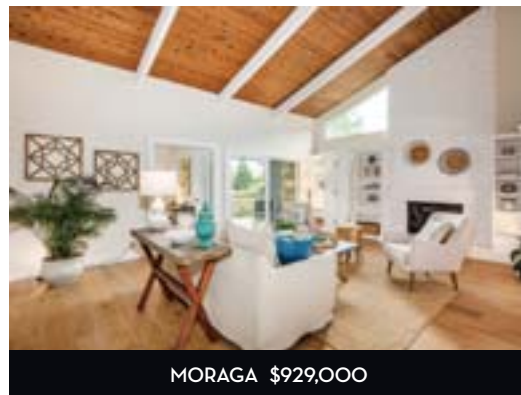
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Public input requested at Orinda downtown development workshop

By Sora O'Doherty

A workshop to receive public input about the Connect - Orinda Streetscape Master Plan will be held at 6:30 p.m. Tuesday, Jan. 29 at the Library Auditorium. Hundreds of community members have been involved in the process through online public surveys, the project's October launch event and stakeholder interviews. Now Orinda staff and the project consultant have taken these ideas and concerns and turned them into a list of projects for Orinda.

The workshop will be an opportunity for Orinda residents to discuss and provide feedback on a list of potential ConnectOrinda projects which has been created based on survey comments and staff and consultant input. At this stage the list of potential projects is quite long, and the feedback received at the workshop will help the city council decide which projects should be included in the final Connect-

Orinda Streetscape Master Plan.

The preliminary list of projects will be unveiled at the workshop. Members of the city council, staff and the consultant team will be available to hear what the public thinks about the suggested projects. Feedback received at the workshop will be then used to whittle down the list to those projects that will be pursued for funding and implementation. Staff and consultants would like to celebrate a final project list in May.

The ConnectOrinda project includes three milestone meetings. The launch event was held on Oct. 13. The purpose of this event was to explain the project scope and solicit community input regarding how to improve Orinda's downtown streetscape. Approximately 150 people participated in the event and hundreds more filled out surveys.

The Jan. 29 workshop, which will be a special meeting of the city council, will

include a presentation by staff and the consultant team to the city council regarding the projects under consideration, including how they were arrived at based on community input. There will also be a breakout workshop session where participants can review and provide feedback on the projects under consideration, which will be depicted on several large maps, with staff and consultants present at each "map station" to answer questions. The workshop will include a format for participants to indicate which projects they want to see included in the final plan. After the breakout session, there will be an opportunity for public comments to the council as well as remarks by council members. The council will not be asked to take any actions or make any recommendations at this meeting.

The final milestone meeting will be the "ConnectOrinda Celebration" sometime in the spring. At this meeting, staff and consultants will provide

detailed information regarding the projects the council selects for inclusion in the Streetscape Master Plan. The final plan document will be completed in the months following the Celebration meeting.

For those who cannot attend the workshop, there will be an opportunity to provide comments on a new map survey that will be released the day after the workshop.

Based on the feedback received at the workshop as well as feedback from the map survey, staff will return at a regular council meeting some time in February or early March with a recommended list of projects to be included in the Streetscape Master Plan. Once the projects are finalized, staff will work with consultants to do a "deep dive" into these projects in preparation for the Celebration meeting and, ultimately, for inclusion in the Master Plan.

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New year, new city council, new plea to consider the plight of private street residents



By Sora O'Doherty

Residents of private streets in Orinda reminded the city

council that they haven't gone away and are still asking for a task force to look into the question of whether any private streets can be adopted by the city. Charles Porges came before the council during the public forum on Jan. 8 and Steve Cohn submitted a letter to be included in the record of the same meeting.

Porges pointed out that it has been over two years since the residents of private Mira Loma first approached the city council and the Citizens' Infrastructure Oversight Commission to ask how

to become a public street. According to Porges, about 20 percent of Orinda residents live on private streets and are being charged to maintain the public residential streets (and drains) that do not differ from their streets, except that at some time before the city was incorporated the public roads were accepted by Contra Costa County.

Some private road residents feel that there is inequity because, for example, heavy garbage trucks cause the most damage to the private streets but none of the

garbage impact fees go to the repair and maintenance of private streets. While the city has recourse to state and federal funds in the event of catastrophic road or drainage failures, Porges says that private street residents do not and would be burdened with the entire cost of such an event, shared only by the few residents of the road.

Cohn requested that the council not only establish a committee to review the current sales tax, but more generally review the long-term funding needs for all of

Orinda's streets and storm drains and create a long-term funding plan.

Cohn suggested that it is now the time to discuss what he says are 30 miles of private residential streets in Orinda which look just like and act just like the 64 miles of public residential streets. Cohn urged Orinda not to risk alienating 20 percent of its residents, which could result in a lack of support for future fundraising measures for the maintenance of public roads.

Orinda pastor doubles as high-profile diocesan administrator



Rev. George Mockel Photo provided

By Nick Marnell

The problem with performing well at a job that you could just as soon do without is that the boss makes it very hard

for you to leave.

Despite requesting that his term as vicar general of the Catholic Diocese of Oakland not be renewed so that he could devote more time to his parish, Rev. George Mockel, pastor of the Church of Santa Maria in Orinda, has been reappointed to the post. As vicar general, Mockel aids Bishop Michael Barber in the overall governance and administration of the diocese. A loose comparison in the business world would be a chief operating officer – the vicar general – working with a chief executive officer – the bishop.

"I have always enjoyed working with people, in a parish," Mockel said. He has served as the vicar general of the Oakland diocese since 2005 under three bishops, and with each change at the top, Mockel expected he would be

released to do solely his parish work. But his background in canon law, his administrative abilities and his experience were too much for each bishop to pass up.

Mockel was born in Oakland. He said he felt something of a calling to the priesthood as a teenager, but he wrestled with the feelings, not unlike Jacob in the book of Genesis. His aha moment, though, was hardly biblical. "It hit me one day when I was sitting in the family room, watching television," he said.

Even his time in the Mountain View seminary was a struggle, and he often thought about leaving. "The '60s impacted everyone. It wasn't cool to be a priest," Mockel said. But he persevered, and was ordained in Oakland in 1975.

Though Mockel kids about the various pulls away

from the parish work that he loves, he has no regrets. "I never got an assignment that I wanted, and I never wanted an assignment that I got," Mockel said. "But I wouldn't change any of them for a million dollars."

The Oakland diocese plans to release a report in February that names all clergy "credibly accused of sexual abuse." Mockel did not comment on whether any priests who served in Lamorinda parishes were on that list. "I can't because I don't know," he said, as Mockel has had no involvement with the investigation which the chancellor of the diocese, Stephen Wilcox, is coordinating. Wilcox did not respond to a request for comment.

"Having this investigation led by a lay person is probably best," Mockel said. "It's good that we are putting the

list out. I hope that it doesn't turn out that a person on that list is innocent, and that they are doing this very carefully."

Mockel called the sexual abuse of minors a "terrible tragedy" and stressed that the Church needs to "get this right."

The bishop said he was grateful to Mockel for his loyalty and for the excellent job he has done in the diocese. "I thank Father Mockel for his continued service and dedication to Christ's flock that has been entrusted to our care and most especially at Santa Maria Parish," Barber said in a statement.

Mockel did admit to an unexpected benefit of working the two jobs. "If someone is looking for me, and I'm not at the parish, they think I'm at the diocese. And if I'm not at the diocese, they think I'm at the parish," he said.



Orinda
Public
Meetings

City Council

Tuesday, Jan. 29, 7 p.m. Special Meeting

Tuesday, Feb. 5, 7 p.m. Regular Meeting

Library Auditorium, Orinda Library, 26 Orinda Way

Planning Commission

Tuesday, Feb. 12, 7 p.m.

Library Auditorium, Orinda Library, 26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, Feb. 13, 6:30 p.m.

Sarge Littlehale Community Room,

22 Orinda Way, Orinda, CA 94563

Orinda Union High School District Board Meetings

Monday, Feb. 11, 6 p.m.

Regular Board Meeting

8 Altarinda Rd., Orinda

www.orindaschools.org

See also AUHSD meeting page A2

Orinda Garden Club celebrates completion of median landscaping and offramp refresh



Photos Sora O'Doherty

By Sora O'Doherty

The Orinda Garden Club has been busier than usual lately, completing projects around downtown Orinda. Years in the planning, the replanting and beautification of the median strips on Camino Pablo from Santa Maria through El Toyonal has now been brought to fruition. Although the garden club conceived the plan and Shari Bashin-Sullivan did the original designs, club president Cathleen Sodos explained that the plans were eventually changed considerably owing to a requirement imposed by both the city of Orinda and PG&E. The median plantings are both drought tolerant and low maintenance.

The project was a joint endeavor by the garden club and the city. The club invested \$50,000, the proceeds from a garden tour they hosted and from donations, and the city matched it. Orinda put the installation work out for bid and hired a contractor to do the actual work, which included installation of an irrigation system and placement of soil and boulders.

Sodos explained that part of the club's mission statement is "to encourage and assist in the beautification of the community" and the Median Restoration Project was the recipient of funds from the 2015 Orinda In Bloom

garden tour. The idea was the brainchild of Sylvia and Tim Carter, who also donated generously to the project. Then garden club president Janet Riley initiated the process with the city which was passed along to next president Margie Murphy and finally to Sodos. "We all tried to keep the city of Orinda focused on the goal," Sodos said, "but it took a while." The intervention of the Minor Road sinkhole added to the delay. Sodos credits Larry Theis, director of public works and assistant city manager, with guiding the project to completion. "We are grateful to Larry, who was our hero, and look forward to working with the city on future beautification projects," Sodos said.

Another recently completed project refreshed the offramp opposite Theatre Square. The offramp has been augmented with plants and bulbs, including dwarf fruitless olive trees. Sodos noted that it is "difficult to do exactly what you want to do." The club had hoped to use the same trees on the medians, but PG&E wouldn't allow them. A variety of native oak was used instead.

The club will hold a community meeting on Fire Safe Landscaping at 11 a.m. March 28 in the Orinda Library Auditorium.



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Fire District Public Meetings

Moraga-Orinda Fire District

Board of Directors
Wednesday, Feb. 20, 7 p.m.
Go to the website for meeting location, times and agendas.
Visit www.mofd.org



ConFire

Board of Directors
Tuesday, Feb. 12, 1:30 p.m.
Board Chamber room 107, Administration Building, 651 Pine St., Martinez. For meeting times and agendas, visit www.cccfpd.org



MOFD board president determined to reverse poor public perception



Photo provided

Steven Danziger

By Nick Marnell

Rarely does an interviewee ask for more time as the session winds down, but Steven Danziger, high-energy president of the Moraga-Orinda Fire District board of directors, did just that, as he outlined his plans to change the negative perception of the district board. “We as a new board can turn that around,” he said.

Danziger has his work cut out for him.

The MOFD board made national news in 2009 for enabling the pension spiking of its retiring fire chief, providing him an annual retirement benefit higher than his salary; five years later, in a rare public spat between government agencies, a Contra Costa County supervisor rebuked the district board, calling MOFD “a per-

fect example of a special district with a poor governance structure”; in 2018, despite a public plea from town officials to support the Moraga storm drain measure, the MOFD directors could not decide among themselves which way to vote and declined to submit a ballot; and a recently retired district director called the board he served on “dysfunctional.”

Then, with a chance to ease public concerns that the firefighters union planned to “take over the fire district” – since the three newly elected, union-supported directors formed a board majority – the board laid to waste years of district tradition and elected Danziger, one of the union-backed directors, as its 2019 president.

“I got a lot of emails on that,” Danziger said, and he was not smiling when he said it.

Key to the turnaround that Danziger envisions is accessibility, and he will soon begin holding open public sessions every other Thursday at Si Si Caffe in Moraga. He also plans to urge frequent board member attendance at public meetings. Danziger cited director Michael Donner, who attended the Jan. 10 meeting of the Local Agency Formation Commission. “It was the first time we’ve seen anyone from MOFD in more than five years,” said Lou Ann Texiera, LAFCO executive

officer.

Danziger listed visibility and responsiveness as further components to the board turnaround. “The chief is out there a lot,” he said, referring to the intense outside schedule that Fire Chief Dave Winnacker keeps. “We need to support him and see how the public is responding.”

Also in need of support are the firefighters, said Danziger, who worked for many years as an administrator in the Oakland Fire Department. “Oakland firefighters were always looked at as heroes. Here, they don’t get that same treatment,” he said, though wary MOFD stakeholders will be quick to call out the board if it goes too far in support of the rank and file.

The bottom line is simply that Danziger and his fellow MOFD directors will be evaluated on how successfully they carry out the mission of the board, as stated on the district website: To provide strategic leadership, policy and direction as well as fiscal oversight.

“Give us a chance,” said Danziger, still sensitive to the mixed public reaction over his election as board president. “Give us time, and we’ll show by our actions that we are looking out for the whole district and not just for special interests.”

these drills will aid future multiagency efforts. Observers will be posted along the evacuation route to record time, the number of vehicles, and identify areas subject to congestion. Participants will receive an email poll later that day to collect their feedback on the exercise.

Lafayette plans to conduct its own evacuation drill in March, according to Ben Alldritt, chief of police. “Initial thoughts are the Springhill or Happy Valley areas,” he said. The chief said he will sit down with Dennis Rein, Lamorinda emergency preparedness coordinator, and lay out the parameters based on what was learned in the Moraga and Orinda drills.

North Orinda wildfire evacuation exercise planned for Jan. 26

... continued from Page A1

As traffic will be routed to Highway 24, the drill will provide information on what the on ramps would look like during an evacuation. “That is the critical juncture,” Winnacker said. “We will work with our partners at the CHP to facilitate the rapid exit from the district through the use of those on ramps.”

Once north Orinda evacuees arrive at Camino Pablo during the Jan. 26 drill, those in the right lane will be directed to Highway 24 westbound with drivers in the left lane directed eastbound. “The idea is to get folks onto the freeway and out of the district,” Winnacker said. “We’re not worried about where you’re trying to get. We’re only concerned about getting you

out of the district.”

Drivers should also note that, according to Orinda Police Chief Mark Nagel, when police officers are directing traffic, drivers must follow their instructions, even if the instructions conflict with traffic lights or signs.

Those who have yet to sign up for the Jan. 26 evacuation exercise should go to <https://sites.google.com/view/orinda-evacuation-exercise/home>. Winnacker urges all district residents to register for alerts from the Contra Costa County Community Warning System at cwsalerts.com.

Wildfire evacuations are complex procedures, with law enforcement directing residents out of the burning area as fire personnel and apparatus are storming in, and the data collected in

Moraga Police Department Incident Summary Report



Jan. 1 - Jan. 14

Alarms	18
911 Calls (includes hang-ups)	8
Traffic	65
Suspicious Circumstances	1
Suspicious Subject	2
Suspicious Vehicle	10
Service to Citizen	26
Patrol Request/ Security Check	31
Supplemental Report	9
Welfare Check	6

Vehicle violations

Abandoned Vehicle	2000 Block Donald Dr.
Auto Burglary	Fayhill Rd./Sonora Rd.
Excessive Speed	Moraga Way/Ivy Dr.
Reckless Driving	Moraga Rd./St. Marys Rd.
Traffic Hazard	Canyon Rd./Camino Pablo
Other criminal activity	400 Block Deerfield Dr.
Identity Theft	2000 Block Ascot Dr.
Panhandling	Safeway
Petty Theft	Rheem Elementary School
Residential Burglary	30 Block Greenfield Dr.
Shoplift	Safeway
Violation Restraining Order	Ashbrook PL./Camino Ricardo
Nuisance to the Community	Disturbing The Peace
Loud Music	10 Block Hastings Ct.
Loud Party	10 Block Hastings Ct.
Public Assembly Check	Rheem Valley Shopping Center
Unwanted Guest	1600 Block Camino Pablo

Other criminal activity

Fraud False Pretenses	400 Block Deerfield Dr.
Identity Theft	2000 Block Ascot Dr.
Panhandling	Safeway
Petty Theft	Rheem Elementary School
Residential Burglary	30 Block Greenfield Dr.
Shoplift	Safeway
Violation Restraining Order	Ashbrook PL./Camino Ricardo
Nuisance to the Community	Disturbing The Peace
Loud Music	10 Block Hastings Ct.
Loud Party	10 Block Hastings Ct.
Public Assembly Check	Rheem Valley Shopping Center
Unwanted Guest	1600 Block Camino Pablo

Nuisance to the Community

Disturbing The Peace	Moraga Rd./St. Marys
Loud Music	10 Block Hastings Ct.
Loud Party	10 Block Hastings Ct.
Public Assembly Check	Rheem Valley Shopping Center
Unwanted Guest	1600 Block Camino Pablo

Other

Forgery	Police Department
Medical Police Needed	900 Block Country Club Dr.
Mentally Ill Commit	St. Marys College
Missing Juvenile	20 Block Hour Fitness
Run Away Juvenile	100 Block Derby Ln.



Orinda Police Department Incident Summary Report

Dec. 30 - Jan. 12

Alarms	74
911 Calls (includes hang-ups)	18
Traffic	147
Suspicious Circumstances	6
Suspicious Subject	15
Suspicious Vehicle	18
Service to Citizen	77
Patrol Request/ Security Check	58
Vacation House Check	8
Supplemental Report	22
Welfare Check	12

Vehicle violations

Abandoned Vehicle	2000 Block Donald Dr.
Auto Burglary	Fayhill Rd./Sonora Rd.
DUI Misd	Santa Maria Way/Camino Pablo
Excessive Speed	Moraga Way/Ivy Dr.
Reckless Driving	Moraga Rd./St. Marys Rd.
Vehicle Theft	Shell Gas

Other criminal activity

Forgery	Police Department Moraga
Fraud False Pretenses	400 Block Deerfield Dr.
Grand Theft	10 Block Sally Ann Rd.
Grand Theft From Building	10 Block Rita Way
Identity Theft	Police Department (2)
Ordinance Violation	10 Block Lost Valley Dr.
Petty Theft	Not Available (3)
Shoplift	Beverages And More
Violation Restraining Order	Ashbrook PL./Camino Ricardo
Warrant Arrest	Not Available

Nuisance to the Community

Barking Dog	10 Block La Cresta Rd.
Disturbing the Peace	Moraga Rd./St. Marys
Failure to Obey	Camino Pablo/Brookwood Rd.
Harassment	400 Block Moraga Way
Loud Music	10 Block Hastings Ct.
Loud Party	10 Block Hastings Ct.
Public Assembly Check	Rheem Valley Shopping Center
Public Nuisance	Ivy Dr./Coral Dr.
School Assembly Check	Miramonte High School (2)

Other

Accident Property	Miner Rd./Oak Arbor Rd.
Checks Non Suff Funds	Police Department
Litter	40 Block Rheem Blvd.
Unwanted Guest	1600 Block Camino Pablo

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Letters to the editor

Is Lamorinda courageous enough to reboot Yankee Pier?

On Jan. 1, the Moana Restaurant Group informed the employees of Lafayette Yankee Pier that the restaurant would be closed in a week and they all would lose their jobs. While the straw that broke the camel's back was mostly likely a greedy landlord, we all should think twice about patronizing restaurants owned by a company with such brazen disregard for the welfare of employees and customers alike.

The Bradley Ogden concept of a comfort food restaurant specializing in seafood was unique. The health benefits of seafood offered some counterbalance to the indulgences of comfort food. At the same time, a nautically themed restaurant can tap into the seafaring and fishing traditions world-wide, providing many culinary and cultural possibilities. Unfortunately, the management of Yankee Pier never embraced the flexibility of this concept. Parking at the Lafayette location was anything but obvious and the menu wasn't varied and diverse enough to keep customers coming back. Even with these limitations, Yankee Pier had a very loyal following. The staff of Yankee Pier was deeply touched by the outpouring of public support. A new restaurant with a more inspired embrace of the nautical theme should be able to please even the fickle palettes of Lamorindans.

There is a recent example of a restaurant literally coming back from the ashes: La Finestra. In that case, owner Jeff Assadi kept his staff together until they could relocate. The Yankee Pier faithful clearly want a new restaurant to replace what they have lost. I'm sure that many more Lamorindans would patronize a seafood restaurant than breaks stereotypes instead of being stifled by them. What we need is a visionary group of people who can breathe new life into Bradley Ogden's concept. Local culinary entrepreneurs can avoid corporate miscues of Moana Restaurant Group in order to create a restaurant that is as profitable as it is popular. I sincerely hope that our pleas won't go unanswered.

Sincerely,
douard Lagache
Orinda

A simple solution to improve our early morning commute

The Orinda Bart parking fills up at about 7:30 a.m. Too many people are unable to park, or have to go to work really early just to get BART parking. There is a lot of congestion getting to the BART parking in the morning. Is there a simple way to solve this problem?

es, there is. Bus number 6 runs down Moraga Way to BART at a 40-minute frequency in the mornings and evenings. What if that frequency is changed to 15 minutes? As the frequency of this bus increases, a lot more folks will forgo driving and take the bus to BART and back. Right now, many people (like me) prefer to drive because on the way back from work, I cannot plan for exactly when I get back. Sometimes I miss the bus by a few minutes and have to wait more than half an hour for the next one. So I prefer to drive to the BART station in the morning. There are many like me who do the same.

his simple solution of increasing the bus frequency to once in 15 minutes will alleviate the BART parking congestion situation, reduce morning and evening traffic on Moraga Way, reduce pollution and make Orinda and Moraga greener cities. Once people realize the bus is a better option, more people will take the bus and thus it will pay for itself.

urge the lawmakers in Orinda and Moraga to consider this solution seriously.

Thank you,

rivas Alai
Moraga

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 must be factually accurate and 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

JM 10,000 Lunches program



10,000 Lunches volunteers and the finished lunches.

Photo Vera Kochan

... continued from Page A1

With additional adult help from Matt Vattuone, Kim Anderson and the JM community, the 10,000 Lunches program has blossomed into today's well-oiled, sandwich-making army of volunteers.

The name "10,000 Lunches" was born from Lorie's optimistic dream to one day provide said number of lunches to feed the homeless. The volunteers strive to put together 100 bagged lunches each week in the space of their own 45-minute lunch period. His dream, at this point, is fast approaching the halfway mark.

"It wasn't hard to get kids to participate," Lorie said. "We have an amazing community. A call went out during one of our school's daily video bulletins describing what we were planning on doing and how the students could help." He proudly added, "We had to put up a sign-up sheet (as we still do to this day) because we had too many volunteers. What a wonderful problem to have."

Sixth-grade volunteer Grace said, "Helping out people that don't have much takes only half an hour of my day, and they appreciate it." Seventh-grader Cole stated, "I started doing this last year. I like helping out people, and I'm president of all the kids here. I'm also in the Scouts and this counts as a service badge. I also get to do this with my cousins Cale and Declan." Sixth-grader Avery said, "I think that spending a lunch here is nothing to us compared to what we're doing for people." Another sixth-grader, Isabella, added, "We don't get too many opportunities to do community service. When you do it with other people, it's an added bonus." Declan first heard about 10,000 Lunches when he was in the fifth grade. "My brother did it last year. It's so sad that people have to live on the streets and don't have much to eat. I feel like I'm making their lives better." Hannah, who is also in sixth grade, felt that, "I just like

helping out people who aren't as fortunate and in need."

Most of the supplies are purchased at Costco and JM has a SignUpGenius page where members of the community can donate specific items such as bread, bananas, socks and dog food for pets directly to the school.

The bagged lunches are prepared with lightning speed and efficiency by about 15 students and two to three adults in an assembly-line fashion. Lorie, in the midst of expertly orchestrating the flurry of activity, modestly stated, "I walk around and do nothing, and if everyone does their part it all comes together."

One table makes turkey and cheese sandwiches, while another table generates peanut butter sandwiches (two flavors of jelly packets are later included in each lunch bag). The sandwiches make their way to the end of each table where they are put into plastic sandwich bags. The bagged sandwiches are collected and placed (one of each) into brown paper lunch bags that have been expertly stocked, by another group of students, with a banana, two granola bars, mustard/mayo packets, the afore mentioned jelly, and an instant oatmeal packet. Each recipient of a lunch also receives two bottles of water during the distribution process. Lorie makes sure that each lunch contains food with nutritional value, saying, "Our budget allows me to try and get two dollars worth of food into each lunch bag."

This is parent volunteer

Liz Ludwig's fourth time helping out. "I do a run for bread and bananas and make the kids in the carpool help carry everything into the school." Her sixth-grade son, Owen, said, "I heard about (the program) and got my mom to come." Sixth-grader Cooper, finishing his own lunch before running to his next class, added, "If there are any butts left over (a term the kids use for the ends of each loaf of bread), we get to put peanut butter on them and eat them!"

Anna Seaman, another parent volunteer, said her seventh-grade daughter, Zoe, was in Lorie's class last year and loved it. "When he asked for volunteers, I thought I'd do it. I get to see all of these kids, too. I love it! They choose to do this -- it's awesome!"

Due to time constraints for the students, not all of the volunteers had a chance to be interviewed; however, JM students Charles, Jack, Vincent, Arnav and Kye all gave their time selflessly to help the less fortunate.

The lunches are distributed by three adults to homeless camps in the Oakland area the following day. Accompanying Lorie are Vattuone and Anderson. "They know we are coming," said Anderson. "I can't tell you the light of hope this organization gives to people."

To donate food, supplies or to make a cash contribution visit www.10000lunches.org or call (925) 377-4233.

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Bay Area Ballplayers grand slams its way into Moraga



Owner Steve Hammond in front of batting cages

By Vera Kochan

If you build it, they will come. Moraga Shopping Center now has its own high-tech field of dreams. Bay Area Ballplayers, located in the retail space vacated by Hallmark nearly six years ago, is a year-round program that trains athletes to reach their full potential. Located at 1460 Moraga Rd., Suite H, the

5,000-square-foot facility has completely repurposed the space once occupied by birthday card stands and rolls of wrapping paper. The main entrance lobby is located a few doors away from Loard's Ice Cream.

Bay Area Ballplayers owner Steve Hammond is no stranger to the sport. "Baseball has provided incredible opportunities and experi-

ences in my life," he said, "and my goal with Bay Area Ballplayers is to instill in the next generation the tools and skills that will help them reach their potential."

Hammond played football, basketball and baseball at Alhambra High School in Martinez, followed by pitching for both Sacramento City College and Long Beach State's baseball teams. In 2005, the left-hander was eventually drafted in the sixth round by the Milwaukee Brewers, moving up from the minor leagues to AA in just one year. He was traded to the San Francisco Giants in 2008 and played AAA ball there for one and a half years. Unfortunately, shoulder, hip and lower back injuries eventually released him from his

contract in spring of 2010.

"Rather than this be the end of my journey, I tapped into the resiliency I learned in college, as well as seeking out the best sports performance coaches and physical therapists I could find," Hammond said. "Over the next six years, I went on a whirlwind tour playing ball in six countries, including three years in Japan, before my elbow finally had enough, and I needed Tommy John Surgery in 2015". He is proud of the fact that he "went from being an unrecruited high school player, to pitching more than 1,400 innings over 11 professional seasons."

Bay Area Ballplayers caters to both male and female athletes. Although there are batting cages on the premises, Hammond stressed that his facility is not just for baseball and softball players. Besides coaching in the Moraga Baseball Association and the Orinda Baseball Association for the past three years, Hammond has also worked for lacrosse and soccer camps. Even adults wanting to brush up on their athletic skills are welcome. Coaches of players as young as T-ball age through high school are encouraged to bring their entire team in for group training.

While the lobby's check-in area and store are manned by adults and high school students, Hammond personally oversees most of the athlete training programs with the help of an additional team of experienced instructors working in the baseball and softball section.

"Coming up through high school I never had any training facility to work out in until college and that took me to another level," Hammond stated. "I want to provide that

to young kids."

The facility is equipped with functional barbells, dumbbells and a training machine for weight training; medicine balls, sand bags and a speed sled for power training; squat racks for strength training; battle ropes for conditioning; rings, TRX and pull-up bars for upper body strength not to mention, a full 70-foot batting cage, plus four hitting stations and a pitching station with radar gun.

Some of Bay Area Ballplayers' many training programs include individualized athlete assessment, strength training for sports performance, mobility and flexibility, nutrition assessment with an individualized meal plan, mental skills training, time management and goal setting and baseball skills tracking along with power development.

The lobby has a seating area for parents to hang out while their kids are in training. Also, within the lobby is a mini-shop where apparel and hats are sold, along with sports equipment such as bats, batting gloves and baseball gloves. Gift certificates will also be available. A commercial refrigerator is stocked with sports drinks, water, protein bars and other healthy snacks.

Hammond chose to open his business in Moraga so that people didn't have to drive long distances to get the type of services and training that he offers. And, while coaching in the Moraga and Orinda area, his vision came true. "The game has given so much to me that I feel it's my purpose to pay it forward," he said, "and provide the next generation of athletes with the opportunity to chase their dreams!"

Photos Vera Kochan

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City increases support for school crossing guard program

By Pippa Fisher

The city council voted unanimously, minus Council Member Susan Candell who was absent, at its Jan. 14 meeting to increase participation in funding for the school district's crossing guards to a rate of 50 percent.

The city historically split the costs 50/50 until fiscal year 2015-16 when the contract was turned over to the district to manage. The city continued to pay a flat amount of \$50,000, roughly half the cost at the time. However, with inflation and the addition of four extra guards, costs have ballooned over the past four years to \$179,453.

Even accounting for the increase of personnel, the average annual rate of increase per year is 3.8 percent. The

four extra guards were added in 2015-16 as a response to a couple of incidents involving students hit by cars.

Lafayette School District Superintendent of Education Richard Whitmore made the point that while dwindling state funding challenges the district, the crossing guards are on the front line for safety of children and he highlighted this as a priority.

Mayor Cam Burks says that the council's decision to increase funding to support the crossing guard program signals the first of many collaborative steps it will take this year in partnering with schools to ensure the "Green Hills, Great Schools" city motto – and community imperative – is sustainable and strong.

"I was fully supportive of this unanimous decision by the

council as it reflects the commitment that the city – and the Lafayette School Board – places on public safety on our city's streets and most importantly, keeping our kids safe," says Burks. "In December, I stated the importance of developing a deeper relationship between the city and our school districts, and I'm eager to see us come together this year to realize achievements at an entirely new level."

To maintain some control on costs going forward in line with staff recommendations, Vice Mayor Mike Anderson suggested splitting the expense at 50 percent starting this year, but with a cap in place of \$100,000, at which point the council would reassess the matter. The money will come from the general fund.



Crossing guards at the busy Springhill Road intersection last year.

Photo Pippa Fisher

And then again there were five – Steven Bliss appointed to city council

... continued from Page A2

Samson pointed to his experience on council – he has served as mayor in addition to serving on the planning commission and has been Lafayette Citizen of the Year. He was appointed to the council most recently in 2016 following former council member Brandt Andersson's resignation at a time when the city was faced with multiple lawsuits. For many, his work on the revised conflict of interest policy was pivotal with many favoring his determined approach to transparency. The new COI policy prompted five planning commissioners to resign at the time. For Samson's supporters who saw this as a breath of fresh air, this was a critical issue. Others felt the strict policy to be overreaching.

"A diversity of views on the council is important," said Samson "And I bring that," he said, adding that he is an independent voice who can

bring the community together.

Bliss, an almost eight-year Lafayette resident, stressed his professional experience with the California Budget and Policy Center in Sacramento and his work on the Housing Commission for the city of Menlo Park and as a member of the Allentown Redevelopment Authority in Pennsylvania.

Bliss told the council it is critical for the city to align its vision for Lafayette within the law of the state's legal requirements, referring to Senate Bill 2923 which will allow BART to build on its parking lots and he pointed to his commitment to open space preservation and to serious public discourse.

As the council discussed the candidates it became apparent that Gerringer, Candell and Anderson were standing by their original opinions. Anderson said that two years ago they needed Samson's legal mind. "Now we face new issues," he said, stressing that his decision was not personal.

It was Burks who broke the deadlock, backing Bliss stating the need for someone who can help with the "No. 1 threat coming out of Sacramento." With Candell voting against, it was 3:1 to appoint Bliss. As the vote was taken, several Samson supporters left the room, visibly angry.

Following the meeting Burks explained, "I decided that I would be that council member, as the mayor, to come to the middle, and, for the substantive reasons I stated involving Council Member Bliss's skills vis-à-vis what I consider the most serious threat to the core values of our city, I shifted from my initial position and broke the deadlock."

Burks says he is thrilled to welcome Bliss to the council. "Council Member Bliss's expertise will be critical as we continue to fully realize the impacts of the Bay Area housing crisis and work hard to do our part to enable development in a smart way, using

our public processes and commissions, that will sustain the character of our city."

Burks says that moving the city forward was absolutely essential. "It is my hope that the entire community will now move forward in a civil and respectful way. I'm grateful for the many members of the community who attended both meetings and provided valuable input regarding our appointment process and candidates. I'm also sincerely thankful to all of our applicants for their willingness to step up and commit themselves 100 percent to our city."

Bliss, a Midwesterner by birth, has lived in the Bay Area since 1990. He lives with his wife Malaika Stolle. Their three children, Leila, Theo and Ruthie attend Lafayette public schools.

"I'm really grateful to have this opportunity to serve as a member of the community on this council," he says, adding, "But it's with sadness

to have this opportunity in this way. As a city we're still in mourning for someone who offered so much. We would do well to bear in mind the love for Lafayette and civic engagement that Mark Mitchell represented."

Bliss hopes to support the mayor's call for public participation moving forward. He lists as his priorities strengthening the downtown, encouraging businesses as a partnership and making a downtown that's pedestrian and bike friendly.

He wants to ensure that development happens in a forward-thinking and vibrant way, using infill development to allow growth to be managed and to allow for preservation of open space. He's looking forward to the hiring of a city manager in the next few months and maintaining the city's healthy reserve.

"I'm looking forward to serving," says Bliss.

Lafayette's mayor takes it to the streets

... continued from Page A3

"I made it clear that it was our goal to do as much as we can, in partnership with the Chamber and property owners, as a city this year, to liven the downtown even more and encourage commerce. I emphasized the

council's commitment and the importance we place on local business."

On Saturday Burks visited all the stores in La Fiesta Square and the Mercantile, plus businesses along Lafayette Circle in addition to most businesses on both sides of Mt. Diablo Boulevard

from Trader Joe's all the way down to Whole Foods.

On Sunday Burks focused on the East End. He said he met fantastic folks who are committed to the community and had some great ideas about how to stimulate commerce in the East End.

"I've just been blown

away this weekend with our local business community and how dedicated they are to Lafayette," says Burks. "We are profoundly fortunate. It's crystal clear the important role these incredible people play in strengthening the special character of our city.

"It was one of the most rewarding and enjoyable few days I've had in Lafayette since I joined the council," adds Burks. "I'm incredibly proud of our local businesses and I am very eager to support them around every corner."

Terry Ring honored

... continued from Page A3

He is part of the Iron Man team – the group of volunteers who set up, take down and do whatever else is necessary behind the scenes at the Art and Wine festival each year. And he is this year's incoming president of the Lafayette Rotary Club.

"The number of hours he has donated is immeasurable," says Larry Blodgett, owner of Lafayette's Blodgett's Carpet and Flooring. "Ring has donated more than any check ever written in Lafayette in terms of hours spent volunteering. But he never takes credit."

Characteristically, Ring says he was humbled "and a bit mystified" at receiving the recognition. "It was an absolute surprise."

Blodgett, a fellow Rotarian,

worked with Ring and his crew on the design and installation of the stage at the reservoir.

"He is as honest a person as anyone I have ever met," he says, explaining that Ring is the type of guy who says what he means, and means what he says.

"He's always the guy schlepping stuff," says Blodgett.

Executive director of the Chamber of Commerce Jay Lifson agrees. "He is one of those residents in Lafayette that always gravitates to a place where he can roll up his sleeves and help," Lifson says. "From the Rotary Stage at the reservoir, and the Veterans Memorial to being a founding member of the Iron Man Team volunteering at the Art and Wine Festival, he is always the first one there and the last to leave."

Ring explains that he joined the Chamber of Commerce about 10 years ago. "As for the Art and Wine Festival, I enjoy it," he says, noting that it's a marathon – "40-50 hours over three days."

In fact, his reaction when asked about any of the contributions he has made to the community is to say, quite simply, that he enjoys it.

"Being raised in Lafayette, I like Lafayette. It's a good community. I like to contribute to the schools – that's important – and the chamber and rotary do that," he says.

"It doesn't all happen through government. Some of it has to happen through volunteerism."

Further information on the dinner in Ring's honor can be found on the chamber website. Reservations are required.

Info: <https://cca.lafayettechamber.org/EvtListing.aspx?dbid2=CALAF&evtid=8594&class=E>

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Transitional Kindergarten and Kindergarten registration for children entering an Orinda public school in August 2019, will open on the following dates:

Monday, Feb. 4 Tuesday, Feb. 5 Wednesday, Feb. 6 Thursday, Feb. 7

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Kindergarten students must be at least 5 years of age on or before Sept. 1, 2019, and if a child has their fifth birthday between Sept. 2, 2019 and Dec. 2, 2019 they are eligible for Transitional Kindergarten.

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Getting to know Moraga's Vice Mayor Kymberleigh Korpus

... continued from Page A4

When asked whether being on the town council has been all that she expected, Korpus replied, "Yes and no. I expected to work hard at it, learn a lot, and enjoy the work. I expected to form strong relationships with council members, staff and residents. I expected to disagree with the other town council members on occasion, to have meaningful debates, to win some and lose some votes, and to make at least some residents unhappy some of the time. All those boxes have been checked."

Moraga's financial pressures and finding feasible and affordable ways to improve transparency have challenged Korpus. "Reasonable people can disagree on the best ways to try to address these issues, but doing so in Moraga has proven es-

pecially challenging because of the amount of misinformation circulating in the community about town operations and town council actions." In addition, she says, "I have been making a special effort during my time on the town council to counter this trend with my communications to the public, and am hopeful we will see a decline in this phenomenon during the next two years."

Korpus' family is very proud and supportive of her efforts on the town council, but concerned about how much extra time her new responsibilities as vice mayor will entail. "My oldest son (13), is very excited about it, as he seems to think it gives him something to brag about to his friends," Korpus laughed.

Korpus will continue to focus on Moraga's infrastructural needs, the general

quality of life and fiscal sustainability. She realizes that the town's personnel are going through a transition phase and has every confidence that the coming year will see progress through everyone's efforts. "Under Cynthia Battenberg's leadership, the town is actively working to streamline and update its processes, and to successfully develop and implement a realistic and cost effective long-term vision for addressing the town's infrastructure, asset, service and communication needs." Looking to the future, Korpus stated, "I am honored to have been selected by my fellow town council members to serve as the town's vice mayor, and am pleased to be a member of the town council at this exciting time. I'm optimistic about this town council's ability to continue that work and to face any other challenges that arise."

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~ Life in LAMORINDA ~

SMC course on the truth behind lying



SMC Jan Term instructor Rob Weiner

Photo Lou Fancher

By Lou Fancher

When people say we're all destined to experience two life events – birth and death – they're forgetting one other common denominator: lying. "I don't think we'll ever meet someone who's never told a lie," or been at the receiving end of a lie, says Saint Mary's College Jan Term instructor Rob Weiner.

Weiner ought to know. Not simply due to the fact that the long-term liberal arts professor, writer and expert on creativity is human and has therefore lied and been lied to, but because he's a scholar and has studied the topic for decades. Officially retiring eight years ago after 25 years as a liberal arts professor at Saint Mary's and Sonoma State University, Weiner relies for his Lying 101 course on multiple degrees in philosophy, literature and religious studies from Johns Hopkins, Georgetown, Yale, and the University of Cologne.

"Long ago my specialization became creativity and invention," he says. "People would always say, 'I'm not creative.' I'd ask them if they'd ever told a lie, made up something that wasn't so, which meant they did have creative ability." Evolving to broader questions concerning gullibility and critical thinking, Weiner found access routes to facial recognition and lie detection analysis pioneered by psychologist and UCSF professor emeritus Paul Ekman and books including Sissela Bok's groundbreaking "Lying," published in 1978.

"It's a classic," says Weiner. "What has changed in 20 years is that now, you can go to any bookstore or go online and find books on the subject. When I started, it was a novel topic. Now it's widespread, in part because of fake news and social media."

On the first day of the Jan Term course Weiner has led for a half dozen years on the Moraga campus, 23 students watch Stephen Colbert's 2005 late night broadcast parody explaining fake news and "truthiness." In it, the comedian speaks of truth felt "in his gut," a physical location in which it seems emotion and reason swirl, simultaneously nauseating and comic. "How we combine truth and lies is one of the things we talk about," says Weiner.

The four-week course covers multiple aspects of lying: relational; philosophical; the psychology of lies in the business world, public rela-

tions and marketing; the ethics of lying to protect innocent victims; neurological biomarkers of compulsive, pathological lying; and a book that could be memoir or total fiction in which readers don't know if the narrative is a lie or the author's real life, and four excerpts that cover lies in the Bible. "I also give students a few articles that I know are false, mixed in with truthful articles. Part of the game is for them to see how skeptical they are."

Expectedly, students say there's more than gaming going on. "I've been hurt by lying," says Kohlten Clark, 21, a junior majoring in business marketing. "Beliefs I had growing up that I found out weren't actually truthful put my world upside down."

Madison Pomeroy, a 20-year-old junior in the Integral Studies department who also manages staff at a coffee shop, recalls the burn of a recent lie told by an employee. "She closed early and left a mess. She lied about being sick." Two days later, guilt led the employee to confess. Pomeroy says that despite only issuing a warning and a writeup, "I learned she wasn't reliable. She descended the ladder of my trust."

But what about when the coin is flipped? Clark admits to a common lie: hiding things from parents. In a way, it was learned behavior. "They asked me if I was drinking in high school and told me I wouldn't be punished if I told the truth. I did and I got punished. I understood then that telling the truth could be harmful to me." As a young adult growing up during the internet era, fear of getting burned on social media completed the lesson. "I expect to become a better liar by taking this class. It's a good skill to have. Lying has a negative connotation but there are situations where you need to protect yourself. It's easy to get scammed online so I give an alias."

Pomeroy's experience is slightly different. She opened a Christmas present early, lied, and "because I was a rookie," was found out one week later. "I hid the original paper in my closet," she says, "my parents found it." Gone forever was the much-coveted spy watch. Her motivation for enrolling in Weiner's class is to better understand truth, love, justice, and why admitting to a lie – even in the face of bald, undeniable evidence – is extremely difficult.

While the course presents negative aspects of lying,

Weiner notes it's important to explore deception's positive applications, because lying is a full spectrum activity. "Hiding someone from the Nazis is totally reasonable," he says. "But trying to win an election? It's not so reasonable. The consequences of lying in general and applied lies in different worlds of science, business or relationships varies." Distrust of government leaders in countries controlled by dictatorships he says is high. In America, social media that pushes people to feel they must look or behave according to specific presets drives what Steiner says is an upswing in distrust of government and the media. "A number of students are children whose parents are divorced, in which deceptions come out. For them, it's personal. They come to study truth."

The impact on Weiner of teaching the course is complicated. "I've become more skeptical of the lies we tell, but more tolerant of them also. I catch myself lying and most often, I stop it. Or if my goal is amusement or education, I might continue on."

Lying 101 includes one session in which students take a personal lie inventory, then share it. Without forcing anyone to "spill the beans," Weiner says 80 percent of the students participate. While hoping the course leaves students more honest than not, he encourages everyone to search for truth by considering probability, applying the scientific method of inquiry and always collecting multiple sources before drawing conclusions. Even then, an open-ended mindset, tough skin and a robust "truthiness" gut are handy tools to preserve.

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THT announces an 'In the Wings' staged reading of Anna Ziegler's 'Boy'



Photo provided

Top, from left: Craig Souza and Craig Eychner; bottom: Alan Coyne, Gretchen Lee Salter and Adrian Deane.

Submitted by Susan Evans

Next up in Town Hall Theatre's staged reading series "In the Wings" is a one-night only reading of "Boy," a moving new play about gender identity by Anna Ziegler. "Boy" will have one performance only on Feb. 4 at Town Hall Theatre Company in Lafayette.

The true story of David Peter Reimer was the playwright's inspiration for "Boy." In 1966 Reimer suffered a botched circumcision as an

infant; on the advice of psychologist and gender identity specialist John Money, Reimer's parents raised him as a girl. At age 14, learning of his past from his father, Reimer decided to accept a male identity. But Reimer's actual story serves only as a jumping off point for the playwright. "Boy" focuses in on the complicated inter-dependent relationship between a doctor and a patient; and Ziegler is most interested in how parents can be blinded by love to the true needs of their

children.

The choice Adam's parents make reverberates throughout this life. Scenes in the play bounce back and forth from the 1960s to the 1980s: Adam's parents ask the advice of a psychologist after a surgical accident has left one of their twin boys without a penis; Adam is "trained" in being a girl as we witness many childhood appointments in a doctor's office; Adam finds love as a young man in his 20s. What's it like to grow up in an identity that doesn't fit you?

"Boy" is directed by Cynthia Lagodzinski and features five talented Bay Area performers: Alan Coyne, Adrian Deane, Craig Eychner, Gretchen Lee Salter, and Craig Souza.

In an interview given before the play's world premiere, the playwright discussed the recurring themes of betrayal, forgiveness and the durability of love in her plays: "At the heart of the play is an incredible betrayal, stunning in its scope and consequences. That Adam can ultimately find a way to forgive his parents speaks to his gradual recognition that it was in fact love that drove their decision, and to all the characters' deep humanity and good intentions, however flawed."

Tickets are \$10 general admission and free to subscribers, and are available through the box office at (925) 283-1557 or online.

Info: www.TownHallTheatre.com.

Live Poets Society - second episode



Photos provided

The three invited poets: Dani Gabriel



Jeremy Benson



Lisa Rosenber

By Sophie Braccini

A community that prides itself in its sophistication and prizes literary achievements could only welcome with warmth the initiatives taken by Lafayette-Orinda poet laureate Amy Glynn. Last year she organized the first Live Poets Society reading, which was excellent; enthused by the talents of local poets, the laureate is proposing a second it-

eration. Glynn has invited professional poets to share their work, and is giving the opportunity to budding talents on Sunday, Jan. 27 to be confronted, sometimes for the first time, with a live audience.

The Sunday afternoon presentation from 1 to 3 p.m. will feature three presenters who are all current or recent city poet laureates from different Bay Area municipalities. In October Glynn attended a gathering of California poet laureates in Los Angeles, hosted by state poet laureate Dana Gioia, who has just ended his term. She remembers the amazing day of readings and discussions of their various programs and how they got inspired to include each other in upcoming events.

The readers will be Dani Gabriel, Jeremy Benson, and Lisa Rosenberg. Benson is the current poet laureate of Napa County who has also written novels, short stories, articles, personal essays, stand-up comedy routines, and short films. Benson is also a consummate live presenter and Glynn anticipates that he will be a big success during the poetry session.

Rosenberg is the author of "A Different Physics," winner the 2017 Red Mountain Poetry Prize. A former Wallace Stegner Fellow at Stanford University, she has degrees in physics and creative writing, and worked for many years in engineering. She served as the 2017-18 poet laureate of San Mateo County.

Gabriel is the author of a forthcoming children's book by Penny Candy Books, "The Woman You Write Poems About" (Civil Defense Press) and coauthor of "Molotov Mouths" (Manic D Press). She earned a bachelor's degree from UC Berkeley in peace and conflict studies and a master's in fine arts from Mills College in creative writing. She is a postulant for the diaconate in the Episcopal Diocese of California.

Glynn chose to host this second gathering at Orinda Books for its cozy atmosphere. She hopes that the Sunday afternoon time will be more convenient for her targeted audience than an evening during the week. Glynn's objective for these types of gatherings is to attract families and she has opened wide the door of the society to young writers.

Glynn believes that a very large portion of the mission of a poet laureate is education. She has started reaching out and inviting young writers, connecting with writing programs such as the Intuitive Writing Project. She is working on establishing a closer connection to the schools and is inviting high school students to contact her if they are interested, "or simply show up to the reading and introduce themselves," she adds.

The Poet Laureate is a program of the Lamorinda Arts Council and is supported by the cities of Lafayette and Orinda. Glynn's tenure as poet laureate is two years.

Info: <https://lamorindaarts.org/contact-poet-laureate-program/lamorindaarts.org/poet-laureate/>

Weekend getaway

DOCO is a Sacramento slam dunk



The Weeknd performs at the Golden 1 Center

Photos provided

By Fran Miller

Move over State Capitol. Downtown Commons, aka DOCO, is quickly moving up on the “reasons to visit Sacramento” ladder and is taking a well-deserved spot as the area’s top entertainment attraction. Yes, the majestic white dome will always maintain its lure for the civics-class set, and the Maynard Dixon-muraled walls of the California State Library too are worthy of a peek, but now, it’s the tech-forward Golden 1 Center, the new Kimpton Sawyer Hotel, and a variety of adjacent dining, retail, and entertainment options that take center stage in this formerly staid town.

Prior to its development, the site (at K and 5th Streets) was on the verge of skid-row oblivion. Now entirely revitalized, DOCO provides big city pizzazz and unveils the potential that Sacramento has long kept under wraps. Visitors owe it all to Vivek Ranadivé, the tech entrepreneur who, when he purchased the Sacramento Kings in 2013, promised the team a new arena. He more than delivered with DOCO and Golden 1 Center – a venue so technologically and environmentally advanced that NBA Commissioner Adam Silver calls it the “new gold standard of the league.” The first sports facility to earn LEED Platinum designation, the entire arena is 100 percent solar powered and features an energy efficient cooling system that can be adjusted by majority action

in each section via the Sacramento Kings + Golden 1 Center app. Nearly all food and beverage offerings are locally sourced from within 150 miles, establishing the building as the nation’s preeminent farm-to-fork arena.

Featuring the world’s largest video board, a Mission Control command center that allows staff to quickly address transportation, security and food issues, and that same temp control app that also provides real-time info about food stand and bathroom lines, there is no better arena in which to experience NBA action.

Nor is there any better spot to experience a concert. Ranadivé’s promise for extraordinary guest experiences extends beyond basketball. Golden 1 Center and its stellar sound and video systems attract the biggest acts in the music biz: Bruno Mars, The Weeknd, Jay-Z, James Taylor, Ariana Grande, Lady Gaga, and John Mayer are just a few of the names that have graced the arena’s stage. On tap in February: KISS, Justin Timberlake, and Bob Seger, as well as Disney on Ice.

Make it a true getaway and stay the night at the uber-cool Kimpton Sawyer Hotel where you just might come head to chest with members of a visiting NBA team who use it as home base when in town. (The hotel features rooms dedicated to their “extra-long bed” comfort). NBA player or not, guests are treated to the same all-star service. Rooms are spacious, beds are plush,

and the amenities are luxe, such as a fitness center with state-of-the-art equipment and a 7,120-square-foot pool deck with cabanas, fire pits, and cozy seating areas. It’s attached to the hotel’s Revival Bar, an urbane, rooftop lounge that overlooks Golden 1 Center and features live music, crafted cocktails, and small plate fare.

Next door, Punch Bowl Social offers bowling, bocce, a pinball arcade and karaoke rooms. The Sawyer’s signature restaurant, Echo & Rig, is a hip steakhouse located off of the lobby. Additional DOCO eateries include the Bay Area fave Sauced BBQ, Estelle Bakery & Patisserie, Burger Lounge, and Pressed Juicery. Shoppers find much to love at Macy’s and Urban Outfitters. A brand new Century Theaters complex screens the latest hits.

Each of these attractions is adjoined via an outdoor pedestrian mall and plaza where it’s not unusual to see NBA teammates partaking in a game of giant Jenga. Art lovers will enjoy the Jeff Koons “Piglet” sculpture at the entrance to Golden 1 Center. And for the traditionalists in the group – fear not. The Capitol’s golden dome can be seen glistening in the sunlight from varied DOCO vantage points and is within easy walking distance, meaning you can take a tour and make it back in time for tip-off.

(Enhance your trip by taking the train. DOCO is conveniently located adjacent to Sacramento’s Amtrak station.)



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Make a resolution to go to the gym? These folks have been going for years



Personal trainer Stuart Moore works with client Chris McGuffin.



Carol Sueoka dances at Zumba class.

Photos Sora O'Doherty

By Sora O'Doherty

We all know the story: you make a New Year's resolution that this year will finally be the time you hit the gym – and keep it up! In January, the gyms are bursting at the seams, but by February, there seems to be a lot more space. Here are the stories of some people who go to the gym with amazing regularity, how they got started, and what keeps them motivated.

Carol Sueoka and Dolores Bjelland

For 11 years now, Orinda residents Carol Sueoka, 66, and her mother Dolores Bjelland, 88, have been hitting the gym 5 to 10 hours every week. Carol's reason for going? "I love my mother, and I want to keep her healthy." Carol has two grown children, who also exercise, but "Mom is my buddy," says Carol. The two buddies can be found at 24 Hour Fitness in Moraga taking classes in Zumba, Pilates, Yoga and Barre. Carol started back in 2008 when her daughter was getting married, and she wanted to look her best at the wedding.

The two women love the social aspect of the gym. They go early, and chat with their classmates. They love the teachers too, and find that the classes are fun, not work. Carol was touched when, a few years ago, she hurt her back and missed classes for two weeks. Her classmates phoned her husband to check and make sure that Carol was all right. Sometimes, she says, there are as many as 38 in a class, and she is glad that "we all help each other." Every class is different, she finds, and the variety keeps their minds engaged.

Twelve years ago, Carol had a benign tumor and after surgery, she started to exercise. She remembers that the instructor at her first class started laughing. The classes bring her a lot of joy, and she says the music makes you want to dance. "Mom has always exercised," Carol recalls, saying how she used to exercise in a closet with Richard Simmons on the television. Dolores now lives with Carol and her husband. When they aren't exercising, the family loves to cook, and were once featured in the Lamorinda Weekly in 2009 when they were found cooking paella in the park.

Stuart Moore

Marine Corps veteran Stuart Moore, 72, had a varied career before landing at 24 Hour Fitness, where he works as a personal trainer and teaches classes. Starting in college at the University of Arizona he joined the Marine Corps Office Candidate School and spent summers training at Quantico, Virginia. The day he graduated he was commissioned as a second lieutenant and was stationed in Okinawa. He spent his career in the Marines doing long-range training, finishing at Camp Pendleton where he trained hundreds of marines. The day after he left the Marines he began work as a trainee stockbroker, then changed careers and landed in real estate.

In 2007 his wife was tragically killed in a fall from a stallion and then the real estate crisis in 2008 added to his troubles. "It was a dark time for me," he says. The prospect of selling foreclosed properties didn't appeal to him, so instead he enrolled at the National Academy of Sports Medicine, where he earned five certifications. Some gyms weren't interested in the idea of an older trainer, but a 30-year-old manager at 24 Hour Fitness took him on in Pleasanton. Then he heard that the senior fitness job was opening in Moraga. He started with eight classes a month and now teaches 32.

"We are the only club out of 465 that has the senior program," he says. Among the classes that he offers are Senior Fitness and Senior Yoga. "I don't agree with the theory of physical training, I want it to be fun," he says. "I've love this stuff since I was 12. "I don't like to call it exercise." Stuart talks to a lot of groups. "Children play. They don't say, 'let's exercise,'" he says. They say, "let's ride bikes!" According to Stuart, we've lost our sense of play.

Deborah Scott

When her mother died in 2011, a friend said to Deborah, "let's go work out." She started out walking on the treadmill three times a week. She had tried losing weight with a diet plan, and did go down from 240 pounds to 170, but then bounced back to 210. But now Deborah has managed to lose her extra weight and keep it off with her workouts. Deborah had her son later in life, at age 44, and retired early from her job as an assistant research professor in rubber bio-chemistry to raise him.

... continued on next Page



Deborah Scott works out with personal trainer Enrique Jauregui.



Trainer Whitney Jaeger



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.

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Make a resolution to go to the gym? These folks have been going for years



Whitney Jaeger teaches Body Pump class at 24 Hour Fitness.

... continued from Page B4

Now 63, Deborah is at the gym almost every day, working with two different personal trainers, Enrique and Brian, and taking classes. On Fridays, she goes bowling.

Her husband, a former Miramonte wrestler and football player, goes to a gym in Orinda, but Deborah prefers the programs at 24 Hour Fitness. "It's a lifestyle," she believes. Before she started, she was having trouble with her shoulders. When she started working with a trainer, she discovered that she had "no core." She says that she spent four to five years working on her shoulders. She views her investment in the gym as a lovely gift to herself. In addition to finding out how to exercise without hurting herself, she says that she has gained so much confidence. Plus, she says, when she does Zumba Gold for seniors it is "the only time my mind actually shuts down."

"I do this for myself," she says. "My goal is to stay fit so that I can enjoy my life!"

Whitney Jaeger

Whitney met her husband at age 16 when she was in high school in Petaluma. When she was 19 they married with about four days notice when her husband was home on leave between basic training and advanced individual training. They were stationed in Ansbach Germany in 2006 and her husband served tours of duty in Afghanistan and Iraq. Since leaving the

military, he got a job with PricewaterhouseCoopers where he works in asset and wealth management assurance and they moved to the Bay Area.

After having her two children within 18 months of each other, Whitney found herself weighing about 240 pounds. She joined a gym in Tennessee, where her husband was then stationed, "but I had no idea what to do," she says. While walking on an elliptical machine, she says, she was approached by a trainer in her small club, who encouraged her to come to a Bodypump class. She did and found she loved the challenge. She moved up to Body Combat, another Les Mills program, and lost nearly 60 pounds. When she arrived in Lamorinda in 2015, she joined 24 Hour Fitness because they offer the Les Mills classes. After a while, she felt so confident that she became certified, and now teaches Bodypump, Body Combat, Body Attack and Grit, which is a high intensity 30-minute class. Most of her classes are 55 minutes long, and are usually attended by up to 38 students.

Whitney has an associate's degree and a Certified Nursing Assistant certification. She is now certified as a personal trainer, and works at the 24 Hour Fitness clubs in Moraga and Concord. She fits her classes around the schedules of her two children, but when she teaches at night, they go to the club's Kid's Club.

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Radiation for Skin Cancer

By Christine Chung, MD

Mrs. E is a 75 year old woman who had been treated with Mohs micro-surgery for a skin cancer on her nose many years ago. More recently, she developed a new pink bump on her foot. A biopsy showed basal cell carcinoma (BCC) on the skin of her foot. She asked me, "I hated going under the knife for my other skin cancer. Is there another option?"

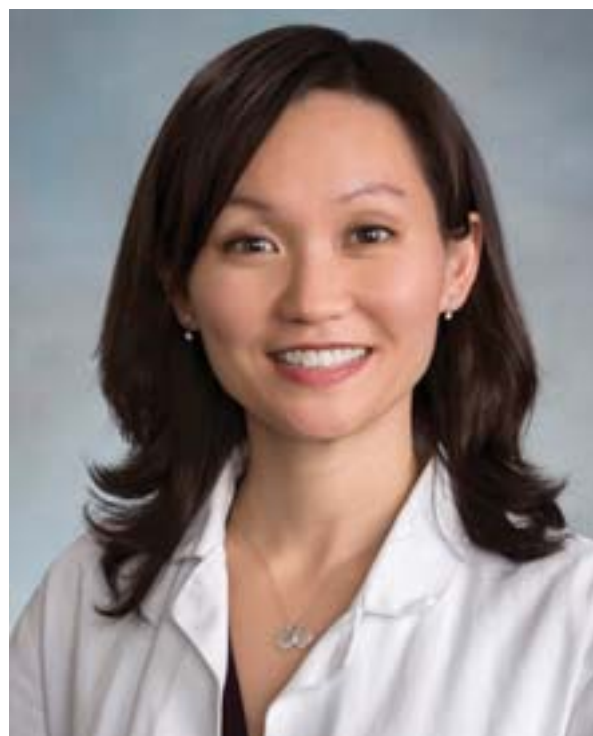
BCC of the skin is one of the most common malignancies diagnosed in the US each year. It occurs most frequently on sun-exposed skin in fair-skinned individuals, though may also develop in people with darker skin. BCC of the skin is associated with exposure to ultraviolet light from the sun (UVA and UVB), and use of tanning beds. Patients who have undergone organ transplantation and require chronic immunosuppression are also at greater risk of developing skin cancer. This type of cancer can take many forms, including flat red spots, painless bumps, or scaly patches on the skin. A doctor may biopsy the skin to confirm the diagnosis of cancer.

Over 90% of skin BCC are cured with local therapy alone, such as surgical excision with Mohs micro-surgery. An advantage of Mohs micro-surgery is that the surgeon can look at the cells as they are being removed, to ensure that all of the cancer has been fully excised. Low-risk BCC may also be treated with electrodesiccation and curettage, or a topical cream, such as Aldara. Some patients may need radiation after surgical excision, if the cancer cells have aggressive features, such as invasion into the local nerves, or if the cancer could not be fully excised.

Radiation therapy alone is another non-invasive way to treat skin cancers. High-energy X-rays are directed at the tumor to kill the cancer cells. Using radiation to treat skin cancer is a reasonable option for patients who cannot tolerate surgery or those who have problems with wound-healing after surgery. It is also used for skin cancers in sensitive regions where surgery could be potentially disfiguring, such as at the tip of the nose or the ears. The cure rate for early stage skin cancer is over 95% with radiation therapy alone.

Radiation therapy can be delivered in several different ways, including superficial electron radiation or electronic brachytherapy. Electronic brachytherapy using the XOFT system uses a miniaturized X-ray source to deliver radiation to the skin cancer. The treatment is given twice a week for four weeks, and each treatment lasts about five minutes. A recent study published in the Journal of Contemporary Brachytherapy in 2017 showed equivalent outcomes between electronic brachytherapy and Mohs micro-surgery for patients with non-melanoma skin cancer. The side effects can include skin irritation and redness, hair loss in the treatment area, and possible blistering and peeling of the skin. The treatment is not ideal for all skin cancers, but may be a convenient option for some patients.

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: 925-825-8878.



~ Healthy Lifestyle ~

Burton Valley students raise money for Shelter Inc.



Photo provided

Students from Cathy Martinsen's fourth- and fifth-grade class at Burton Valley Elementary School present a check for Shelter Inc.

Submitted by Cathy Martinsen

A long-standing tradition, the Book Bonanza is the annual community service project put on by the AIM class at Burton Valley Elementary School in Lafayette. Every year, the students from Cathy Martinsen's fourth and fifth grade class collect, price, and, of course, sell books ... at incredibly low prices (some books are as cheap as 10 cents). All proceeds go to a charitable cause, and this year the students chose to support Shelter, Inc. of Contra Costa County.

Founded in 1986, the mission of Shelter Inc. is to prevent and end homelessness for low-income residents by providing resources that lead to self-sufficiency. The organization helps to rebuild lives, one family at a time, by giving these people a home, the skills, and the resources to live the life they deserve. The whole class banded together

to complete each step in the process, and after three weeks of collecting and pricing, the two-day sale was on.

Classes from the Burton Valley community came to support the AIM class by buying books, homemade bookmarks and origami, and dropping money in the donation jar. After the frenzy, the students counted their change bags and were thrilled to realize they had raised \$1652.57.

The students happily presented a check to Allyson Schloming of Shelter, Inc. the week before winter break. It was a rewarding experience for everyone involved.

"It felt great knowing that we improved someone else's life," agreed the enthusiastic students.

Martinsen's class appreciates the support of the Burton Valley community for all the book donations as well as the subsequent purchases. It truly is a school-wide effort.

Refurbished vintage Beetle finds new home in Lafayette



Photos provided

Surrounded by members of Lamorinda Sunrise Rotary, Steve Falk and wife Nancy pose outside Lafayette Park Hotel & Spa with the vintage Beetle they won in a public raffle conducted by the club. Of 1,500 tickets sold, Falk bought six for \$100. As restored, the car is valued upward of \$20,000. It sold new in the U.S. for less than \$1,700.

Submitted by Thomas Black

With only two days left before retiring as longtime city manager of Lafayette, Steven Falk received a surprise farewell gift. It came neither from the city nor his co-workers, but from Lamorinda Sunrise Rotary Club.

Smiling ear to ear, Falk was handed the keys to a 1961 VW Beetle. In less than a year, members of Lamorinda Sunrise Rotary Club had refurbished it from bumper to bumper. Why the smile? It was he who had purchased the lucky raffle ticket, which was plucked from a rented cylindrical drum at the city's holiday tree-lighting ceremony at Plaza Park.

Once the name of the winner was announced, wags immediately asked whether the raffle was rigged. "Absolutely not," insisted Chris Laszcz-Davis, who is club president. Skies darkened, a

flashlight was needed to read the ticket she held aloft after reaching into the drum. Falk was elsewhere as his name was read aloud.

Falk did allow that his chances were improved by having purchased six tickets at a cost of \$100. An extraordinary bargain for a "pre-loved" classic car, which on the open market likely would fetch upward of \$20,000. All told, some 1,500 ducats were sold.

Standing beside his new/old prize and with 30-some club members assembled for a posterity picture, Falk was formally presented the keys outside the Lafayette Park Hotel and Spa, where Lamorinda Sunrise Rotary meets Friday mornings at 7 a.m.

Falk commented that the reincarnated Beetle joins two other, newer, VW products already in the family fleet, where at least "for now," he said, the prize will remain.

Why the public raffle of the car? It became the club's principal fundraiser for 2018. It was purchased in as-is condition – not exactly "mint" – by Rotarian Hays Englehart from a private party in Southern California and donated by Englehart to the club. An avid gearhead, Englehart offered his well-outfitted home garage, which features a fancy power lift, to put the car back into running condition. Extensive mechanical repairs were necessary.

Lamorinda Sunrise Rotary has gained recognition as the club that "builds stuff" to raffle as fundraisers. Previous hands-on projects include constructing two canoes and a teardrop trailer, all from scratch. Combined, the trio netted \$50,000 in revenue.

Proceeds are always plowed back into the community. Service projects include ongoing sponsorship of

Contra Costa County Interfaith Housing and of the annual Three-Quarter Century Luncheon to honor Orinda residents aged 75 and up; Family Harvest Farm, a not-for-profit urban farm and culinary garden for transitioning foster youth; Food Bank of Contra Costa and Solano; summer leadership camps for high-schoolers; STEM-related programs for middle-schoolers; restoration of San Pablo Creek; Lafayette Youth Arts Society; and HOME Team, which provides gratis home repairs to seniors. In addition, last fall the club dispatched a team of member volunteers to aid in building a house for indigent natives in Guatemala.

In the pipeline is an ambitious watercraft rehab project involving a 1963 Glasspar runabout motorboat that belongs to another club member, Gary Fulcher. It is in his killer home woodshop in Lafayette that both boats and the trailer were crafted. The motorboat is targeted for public unveiling later this year.



Hays Englehart, Beetle rehab project leader, powerwashes front bay, from which spare tire had been removed. All of the mechanical-repair work was done at his home in Moraga.

Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to storydesk@lamorindaweekly.com, and include "Celebrations and Remembrances" in the subject line.

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Sampling four centuries of chamber music with a purpose



St. Lawrence String Quartet

Photo provided

By Sophie Braccini

Four Bay Area chamber music organizations are pooling their inspiration thanks to the initiative of Pamela Freund-Striplen, the leader of the Lafayette-based Gold Coast Chamber Players. The new entity, called the Bay Area Music Consortium, not only creates an economy of scale by inviting quality musicians, but unites their sensibilities by formulating unique, inspired programming. The first BAMC production will open the series in Lafayette on Feb. 9 with a highly spiritual concert interweaving four pieces from four different centuries per-

formed by the renowned St. Lawrence String Quartet.

Freund-Striplen recalls how it all started a year and a half ago, during one of her solitary brainstorming sessions, when she realized that other local chamber groups she knew had different audiences, but similar personalities – and that it would be beneficial to band together to nurture, rather than compete.

Freund-Striplen approached Tiffany Loewenberg, director of the San Francisco-based Noe Valley Chamber Orchestra, and she was immediately on board and excited. Subsequently, they invited two other direc-

tors, Berkeley Chamber Performances’ Joanne De Phillips and Mill Valley Chamber Music Society’s Bill Horne to reflect on the different paths this alliance could take.

The four directors agreed to offer annual concerts with programming that would present their shared unique artistic vision. Gold Coast Players director says that her mission was to convince the other three that together they could create something unique. She sees BAMC as a metaphor of chamber music itself, where the whole is more than the sum of its individual parts.

The Feb. 9 concert will

feature “The Dreams and Prayers of Isaac the Blind” by contemporary Argentinian composer Osvaldo Golijov. Freund-Striplen explains that the music is a very impactful piece, a rich exploration of Jewish history. Isaac The Blind, who eight centuries ago was the great kabbalist rabbi of Provence (France), was the Golijov’s inspiration behind the music for clarinet and the string quartet. Golijov wrote that the movements of (his) work sound as if written in three of the different languages spoken by the Jewish people throughout history, the prelude and the first movement, the most ancient, in Aramaic; the second movement is in Yiddish, the rich and fragile language of a long exile; the third movement and postlude are in sacred Hebrew. It is considered by some to be one of the greatest pieces in the clarinet repertoire in this century.

It seemed logical for Freund-Striplen to invite the St. Lawrence String Quartet to play this piece as it has had a long association with the composer. She adds that if it was not for the creation of the BAMC, Gold Coast would not have had the means to work with such a renowned quartet.

Freund-Striplen met with the quartet’s cellist, Chris Costenza, and they

brainstormed win-win ideas to compose the entire program. The quartet has recorded all of Haydn string quartets (see Tex Talk by the quartet about “The Humor of Haydn” www.youtube.com/watch?v=c-VaqBtWu_u0). Together the two musicians thought of a crescendo of spiritual music, starting with Tango alla Zingaresca (2016) by Bay Area composer Jonathan Berger (who will be at the concert), followed by Franz Joseph Haydn’s String Quartet in D, Op. 20, No. 4 (1772), and to end the first part of the concert, the third movement of Beethoven’s String Quartet in A minor, Op. 132 (1825), which bears the title Heiliger Dankgesang eines Genesenen an der Gottheit (Holy song of thanksgiving of a convalescent to the Deity).

Freund-Striplen, who says that she will come to all of the four concerts as a spectator and not a musician this time around, adds that this unique concert will sample four centuries of chamber music in a meaningful way.

Gold Coast Chamber concerts at the Lafayette Library Community Hall often sell out, so tickets should be bought in advance. The Feb. 9 concert will start at 7:30 p.m. with a pre-talk by Kai Christensen at 7 p.m.

Info: <http://gcplayers.org>

Lynn’s Top Five

Your January financial planning checklist

By Lynn Ballou CFP®

Do you make New Year’s resolutions? Turns out that although many of us do, studies indicate that far less than half of us will succeed in accomplishing them! So instead of making some resolutions we may never actually achieve, let’s take a different view and create a First of Year Financial Planning Checklist that we can review and complete, and then get on with our new year feeling accomplished. Here’s your list:

1) Paycheck review time. Whether it’s a pension check, Social Security check or your paycheck, there are things that require your attention. On all, be sure you are on track with your withholding. Sometimes a new year means new math is needed, especially in light of all the tax law changes. And if you are an employee, be sure you are maximizing 401(k) contributions and that you are fully taking advantage of all available benefits at your firm that you can use such as pre-tax savings plans.

2) Titling review and beneficiary checkup. Did you open new investment accounts recently, purchase a home or refinance? Did you

set up or change your living trust? Take a look at your accounts and real estate holdings to be sure they are titled in line with your estate planning documents. And extremely important, revisit your beneficiaries listed on your retirement accounts as well as life insurance policies. If you have a change in your marital status or new children, this is an especially high priority action.

3) Budget time! Take a look at your actual spending for last year compared to what you had planned to spend. If you were off track, it’s time to make some adjustments. The quickest way to sink your future plans for financial independence can be to ignore real spending and just hope it all works out. Make a plan and follow the plan.

4) Simplify your life by reducing excess accounts, credit lines and credit cards, and check up on your credit reports. Consolidate multiple bank and investment accounts if you can, unless there’s a legal need or other convenience need to keep them all open. If you have more than two or three credit cards, why? You may be earning fewer points or reward dollars than you could. Good idea: an extra

credit card in case one is compromised while you await the replacement. Bad idea: too many. Get rid of the unnecessary cards and keep only those that provide you with tangible financial rewards you can use anywhere, anytime. Also, if you have lines of credit that you once needed but no longer do, close them. If you aren’t sure what you have, run a free credit report on yourself and then get rid of what you don’t need. You can do an internet search for all the affordable and safe ways to run this type of report. This will also allow you to clean up any problems you may find on your credit report.

5) Update your financial plan so you know what this year’s primary goals should be. Whether you are a skilled planner or have a Certified Financial Planner already on your team, a great plan doesn’t end with its design. Like a garden your financial plan depends on you to nurture it. Review your plan, figure out what’s working, what’s not, where you are off track, where you are excelling, and make any necessary adjustments. Then follow through with all the actions needed to see results. Collaborate with your tax, estate

planning, investment and insurance pros to communicate the message, the goals, and to keep the team on track.

If my ideas aren’t specifically helpful in your own circumstances, take what works for you from my list, and then craft your own. Get it done now while the year is fresh and you will be off to a great start. Be sure to keep a copy to review again in January 2020 so you keep the momentum going every year, see results and stay on track. Wishing you a very Happy 2019!

The review, assessment, and/or opinion expressed in this column are limited to and in association with general financial planning subjects. They are intended to introduce the reader to a general financial planning topics. This column should serve as a tool that should assist readers in the development of subsequent discussions with a financial planning professional. Always consult an accountant and/or attorney to assess your individual situation prior to implementing any financial planning strategy, including any strategy directly or indirectly referenced in this column.



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, however, we do not guarantee its accuracy. This column does not involve the rendering of personalized investment advice and is not intended to supplement individualized professional advice. A financial, tax and/or legal professional should be consulted before implementing any of the strategies directly or indirectly suggested and discussed. All investment strategies have the potential for profit or loss.

www.Lamorindaweekly.com

Most Frequently Viewed Stories From Our Last Issue:

- Cancer Support Community to bring holistic healing to Lafayette
- Fire investigator who helped nab arsonists retires
- MOFD and ConFire promote new operations chiefs
- Meet Jules a digital butler
- Lamorinda rugby a sport for all
- PG&E to conduct Wildfire Safety Program in Moraga
- American Red Cross teaches kids disaster safety with Pillowcase Project
- Front porch open mic launches in Lafayette
- Matt O'Reilly from Campolindo to Bucknell to Saint Marys
- Maintaining local control for land use high on new mayor's list

If you wish to view any of the stories above go to www.lamorindaweekly.com and click the link below the story.

◆ **Not to be missed** ◆ **Not to be missed** ◆ **Not to be missed** ◆

ART

The Valley Art Gallery presents "Wintermission" from Jan. 8 through Feb. 2. This show between shows features selected works by gallery artists designed to brighten and warm even the longest winter days. Reflecting a wide range of motifs, styles and media, the show continues a mission to represent the best of the best of more than 100 East Bay artists. www.valleyartgallery.org

Bedford Gallery, located in the Leshner Center for the Arts, offers enriching, educational volunteer opportunities. Train to become a docent from 1 to 3:30 p.m. on Wednesdays, Jan. 16, 23, 30 and Feb. 6, 13. Docent volunteering is fun and provides opportunities to make friends, learn about art, and help foster the arts in our community. No prior art knowledge is required. To sign up, contact Carmen Kelly at (925) 295-1416 or kelly@bedfordgallery.org. Learn more at: www.bedfordgallery.org/support/volunteer

The Moraga Art Gallery presents its new show, "A Sense of

Place," running from Jan. 9 to March 16 and featuring Wenda Pyman's beguiling landscape photographs, which call to mind the camera work of Ansel Adams and Eliot Porter. For more information, visit www.moragaartgallery.com or call (925) 376-5407.

Jennifer Perlmutter Gallery is proud to present an exhibition featuring 16 glass artists from the Association of Clay and Glass Artists of California. This exhibit features a variety of wall and pedestal art glass - sculptural, conceptual, and decorative. The exhibit opens with a reception from 6 to 8 p.m. on Feb. 7, and runs through March 2. There will also be a discussion with artists and jurors at 4 p.m. on Feb. 9. www.jenniferperlmuttergallery.com.

MUSIC

Drum, Relax & Learn at the monthly Lamorinda Drum Circle from 11:30 a.m. to 12:30 p.m. on Monday Feb. 4. Enjoy learning to drum in a fun small-group environment. Drums are provided. Lamorinda Music, 81 Lafayette Circle,

Lafayette. We meet at this time and place on the first Monday of each month. Suggested donation \$10-\$20. www.MusicForTherapy.com.

The Gold Coast Chamber Players present one of the leading quartets of our time, the St. Lawrence String Quartet along with three-time Grammy-nominated clarinetist, Todd Palmer at 7:30 p.m. on Saturday, Feb. 9 at the Lafayette Library Community Hall. The program offers an unprecedented musical, emotional, and spiritual experience with chamber music spanning four centuries. From Haydn and Beethoven, to Berger and Golligov, this unique program is not to be missed! Tickets \$15 - 45 <https://gcplayers.tix.com/Event.aspx?EventCode=1079081> or call (925) 283-3728. www.gcplayers.org.

THEATER

Diablo Ballet opens the new year with the second program of its landmark 25th Season, Balanchine and Beyond, Feb. 1 and 2, at the Del Valle Theatre in Walnut Creek. This program features three ballets including

the classic masterpiece Apollo by George Balanchine. Immediately following each performance, ticket holders are invited to stay for a post-performance Q&A with our dancers, choreographers and musicians followed by a dessert and coffee reception where you can meet and mingle with the dancers. Single tickets are \$15-\$47. For tickets and showtimes, call (925) 943-SHOW (7469) or visit www.lesherartscenter.org. For more information, visit www.diabloballet.org.

Children's Theatre Production, "Miss Nelson Is Missing!" directed by Saint Mary's Theatre Professor Will Huddleston. The play is adapted from the book by Harry Allard and James Marshall, with book, music, and lyrics by Joan Cushing runs from Tuesday, Jan. 29, through Friday, Feb. 1, at the LeFevre Theatre at Saint Mary's College, 1928 St. Mary's Road in Moraga. The story follows the misbehaving students of Room 207, the worst behaved in the entire school. With spitballs flying across the room and paper airplanes sailing in every direction, their gentle yet long-suffering teacher has reached

her wit's end. For tickets and showtimes go to www.stmarys-ca.edu/missnelson or at the box office, 30 minutes to curtain. Information only: (925) 631-4670. Please note, many performances are already sold out.

Town Hall Theatre's staged reading series "In the Wings" presents a one-night only reading of "BOY," a moving new play about gender identity by Anna Ziegler. "BOY" will have one performance only at 8 p.m. on Monday, Feb. 4 at Town Hall Theatre Company, 3535 School Street, in Lafayette. Tickets are \$10 general admission and free to subscribers, and are available through the Box Office at (925) 283-1557 or online at www.TownHallTheatre.com.

Town Hall Theatre Company presents Brooklyn Bridge by Melissa James Gibson, directed by M. Graham Smith Feb. 28 through March 23. Tickets and showtimes are available at TownHallTheatre.com or by calling (925) 283-1557. The theatre is located at 3535 School Street in Lafayette.

LECTURE & LITERATURE

KPFA Radio 94.1 FM presents Ha Jin: The Banished Immortal: A Life of Li Po from 7:30 to 9:30 p.m. on Wednesday, Jan. 23, at Berkeley Hillside Club, 2286 Cedar St, Berkeley. Ha Jin will discuss his new book, "The Banished Immortal: A Life of Li Po," answer questions and sign books. Hosted by Jack Foley. Cost: \$12 advance, \$15 door. For more info see <http://www.brownpapertickets.com/event/3918550> or call (510) 967-4495.

A Panel Discussion on Fixing Our Tattered Democracy from 1-3 p.m., doors open at 12:30 p.m., Saturday, Jan. 26 at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. The outstanding panel includes: Trent Lange, president of the California Clean Money Campaign that led to the success of the DISCLOSE Act; Ann Ravel, former commissioner of the Federal Election Commission and precious chair of the CA Fair Political Practices Commission; Jay Costa, the executive director at Voter's Right to Know and Michele Sutter, the coordinator of Money Out Voters In in Southern California and the co-chair of the statewide ballot measure - Proposition 59 that asks our legislators to do all they can to seek increased regulation of campaign spending and contributions. For further information email moneyoutnow@yahoo.com or call (925) 878-9288. The free event is being organized by Contra Costa MoveOn.

Discovering Opera: Jake Heggie's "Moby Dick" from 1:30 to 3 p.m. on Jan. 31 in the Lafayette Library and Learning Center Arts and Science Room. "Moby Dick" is an opera based on the classic novel by Herman Melville. Set in 1820, it tells the story of Captain Ahab of the whaling ship Pequod, who after losing one of his legs to a frightening white whale, becomes obsessed with finding and destroying the creature at any cost. Lecturer Bradford Wade will give a guided tour of the opera, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San Jose's production of "Moby Dick," Feb. 9-24. Free.

... continued on next Page

Lamorinda's Religious Services



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www.holyshepherd.org



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visit <http://www.holyshepherd.org> for more details

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◆ **Not to be missed** ◆ **Not to be missed** ◆

KIDS, PARENTS & TEENS

Hack the Future is coming to Contra Costa County from 10 a.m. to 4 p.m. on Feb. 23 at the Lafayette Library and Learning Center for a one-day hackathon for youth ages 10-19. Attendees will be able to explore and experiment with different STEM activities while learning from tech industry professionals. Activities / Demos to include: Programming, Electronics, 3D Printing, Robotics, Virtual Reality, and more. Stay tuned for more information about this very special opportunity and head over to <http://hackthefuture.org/> for more information and sign up to be notified when registration opens.

The 2019 Bookmark Contest sponsored by the Friends of the Lafayette Library & Learning Center will be open to all Lafayette students grades K-8th to enter their original artwork. The entry forms will be available beginning February 15 at the Lafayette Library main desk, the Friends Corner Book Shop and at school libraries in the Lafayette School District and St. Perpetua School. The entry deadline is Friday, March 8. For more information please contact Kay Pekrul: kae865@hotmail.com.

The 7th Creating A Peaceful School conference will take place 9 a.m. to 4 p.m. Saturday, Feb. 9 at Mt. Diablo Peace and Justice Center, 1035 Carol Lane in Lafayette. The year's conference topic, "Building Bridges Not Walls", provides a daylong opportunity to explore how we can use our school and classroom practices to identify tools and resources for enhancing peace, understanding and communication in our diverse communities and will feature keynote speaker Lauren Markham, a local educator, activist and author. The conference is for everyone who works with children and youth in grades K-12: including parents, teachers, administrators, classroom aides, school personnel, after-school program providers and the students themselves. Cost: \$50 (or \$10 for high school and undergraduate college students). Refreshments and lunch included. Register at <https://creatingpeacefulschools.weebly.com/upcoming-events.html> or find link at <http://ourpeacecenter.org>. For info, call (925) 933-7850 or email margli@ourpeacecenter.org.

In conjunction with Saint Mary's College and the Orinda-Moraga-Lafayette branch of the American Association of University Women, the Expanding Your Horizons STEAM full day conference for middle school girls on March 23 will open registration Jan. 24. This conference fills up quickly and is limited to 200 girls in sixth to eighth grade on a "first come, first served" basis. For details and registration visit www.expandingyourhorizons.org/conferences/AAUW SAINTMARYS/.

OTHER

Many Faces of Leukemia, Lymphoma and Myeloma from 6:30 p.m. to 8:30 p.m. Wednesday, Jan. 23 in the Lafayette Library Community Room. Patients and caregivers are invited to attend this free educational program focusing on the unique issues of blood cancer patients. A panel of medical experts will discuss current treatments and emerging, exciting breakthrough therapies to treat CLL, ALL, Lymphoma and Mul-

tiple Myeloma. Please register by calling (925) 677-5041 x272 or send email to sjung@dvoimg.com.

Join Campolindo's Academic Decathlon team's "Through the Decades" Trivia and FUNdraising Night from 6:30 to 8:30 p.m. on Jan. 24 in the Campo cafeteria. The evening will feature trivia, raffles, a bake sale, performances by the student music group The Cooks, and free babysitting/activities for young children. Cost: \$10 at the door for raffle and trivia to support the team to make it to the state championship. Please contact CampoAcademicDecathlon@gmail.com for more info.

Meet your lap warmer at this weekend's cat adoption event from 1 to 4 p.m. on Jan. 26 and 27, when Community Concern for Cats will be showing mellow friendly felines purrfect for these cold days and nights at Pet Food Express in Lafayette. For more information, see www.communityconcernforcats.org.

Xenophon Therapeutic Riding Center located in Orinda is offering Equine Assisted Workshops for people with early stage dementia and their care partners in collaboration with Connected Horse program which is based on research conducted through UC Davis School of Medicine and Center for Equine Health. The workshop dates are Feb.27, March 6, 13, 20, and 27. No prior horse experience is needed to participate; expect to be engaging with horses from the ground, no riding. All participants must be ambulatory and willing to participate together. There is no fee. If interested, please contact Xenophon Therapeutic Riding Center at (925) 377- 0871.

Holy Trinity Serbian Orthodox Church's annual Crab Feed and Dance from 6 to 8:30 p.m. Saturday, Feb. 2 at 1700 School Street in Moraga. Dinner and Dance tickets are \$50 and must be purchased in advance. Please call or text Thea at (925) 890-0918. The Dessert Silent Auction is back. Chicken dinner choice available by special advance order request.

Grow More Food: Home Permaculture Series with Sustainable Contra Costa from 9:30 a.m. to noon on Saturdays, starting Feb. 6 thru March 9 at Rodgers Ranch Heritage Center, 315 Cortsen Road in Pleasant Hill. Superstar gardener Marian Woodard will teach the most effective, most natural, deeply earth-centered gardening practices in this 6- week series. No matter what size your yard is, you'll learn to be more self-sufficient, conserve water and energy, and build community with your fellow gardeners. Workshop cost is \$40 each or \$200 for the 6-week series. Register through <http://sustainablecoco.org>.

Local author Francie Low will host a book signing event for her memoir "Alive and Fixable" from 9:30 a.m. to 12:30 p.m. at Papillion Cafe in La Fiesta Square in Lafayette on Feb. 2. Books will be available for sale or readers can bring in their personal copy for signature.

Lamorinda Toastmasters Club meets from 7:30 to 9 p.m. every Tuesday evening at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. Come and work on improving your presentation and leadership skills. Please note that this is a new location.

KPFA Radio 94.1 FM presents Robert B. Reich: The Common Good from 7:30 to 9:30 p.m. on Wednesday, Feb. 6, at First Congregational Church of Berkeley, 2345 Channing Way, Berkeley. Robert Reich will discuss his new book, "The Common Good," answer questions and sign books. Hosted by Kathryn Horsley. Cost: \$12 advance, \$15 door. For more info see <http://www.brownpapertickets.com/event/3918567> or call (510) 967-4495.

A lunch meeting for Sons in Retirement Lamorinda Branch 174 at 11 a.m. on Wednesday, Feb. 13 at the Holy Trinity Culture Center 1700 School Street in Moraga will feature guest speaker Jill Henderson, JD. Assistant District Attorney for Fraud and Elder Abuse. For attendance and membership info, call Tyler at (925) 963-5741 or visit: www.branch174.sirinc2.org.

Free Tax preparation for the 2019 tax season is available starting in February from AARP's Tax-Aide and United Way's Earn It, Keep It, Save It (EKS) programs. Service is provided by volunteer tax preparers who are IRS trained and certified. EKS service is limited to those with incomes below \$54,000, while Tax-Aide does not have an income limit. For Tax-Aide site information or appointments in Walnut Creek call: (925) 943-5851 for the Walnut Creek Senior Center site; (925) 405-6278 for the Walnut Creek Grace Presbyterian Church site; or (925) 979-5013 for the Walnut Creek St. Paul's Episcopal Church site. For information on other Tax-Aide sites, call: (925) 726-3199. For information on EKS sites, call 2-1-1 or visit www.earnitkeepitsaveit.org.

Lafayette resident, Papa John Kiefer, will, again, offer workshops on "How to Raise Your Own Chickens." Topics will include raising young chicks, laying hen maintenance, and sustainable coop construction. Workshops are free and will be held in Lafayette from 1 to 3:30 pm on Sundays, March 3 and 17. Reservations are required. Contact: chickenspapa-john@gmail.com. Location provided upon registration.

SENIORS

Elder Abuse Prevention Project from 10:30 a.m. to noon on Feb. 13 in the Toyon Room, Lafayette Community Center. Elder abuse can take many forms including physical, financial and emotional abuse. Do you know someone experiencing elder abuse? Are you interested in learning about available resources in Contra Costa County? The Elder Abuse Prevention Project (EAPP) team will discuss the resources available for seniors and dependent adults who may be experiencing abuse. The presentation will include speakers from the Contra Costa Family Justice Center, Contra Costa Senior Legal Services, Meals on Wheels – Diablo Valley, Employment and Human Services Department and the Contra Costa District Attorney's Office. Free.

GARDEN

Winter Rose Care Workshop at 10 a.m. Saturday, Jan. 26 at McDonnell Nursery, 196 Moraga Way, Orinda. Email info@mc-donnellnursery.com or call (925) 254-3713 to reserve a seat. purchase call (925) 283-1841.




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Service Clubs Announcements



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www.lamorindasunrise.com
FEBRUARY MEETINGS
1: Don Jenkins – all about the Rotary Foundation
8: Dave Kemnitz, Director of Klunkers4Charity
15: Ed Daley with high speed action from the Patriots Jet Team!
22: Member Exposé, Grace Richter tells all (almost).



Step in on a Thursday and join us for our lunch meeting.
Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.
January 24:
Russell Watts
Contra Costa County Administrator
January 31:
Leighton Burrey J.D.
Estate planning-Wills and Trusts
www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-CA

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Submit stories and story ideas to:
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Stuffed poblano peppers pack a flavorful punch



Stuffed poblano peppers

Photo Carol McDonald

By Susie Iventosch

A few years ago, while I was conducting the arduous task of roasting and peeling poblano peppers to stuff and bake, I had an epiphany. Despite placing the roasted peppers in a paper bag to loosen the skins, it is always so difficult to remove all of the skin without making big holes in the peppers. And, holes render the peppers rather useless vessels for cheese filling. My new vision had me stuffing them raw and then baking the entire thing just like you would do with stuffed bell peppers. The very next time, I tried my new method and have never turned back. It is so much easier and the peppers can be baked al dente or well-done, and they have no holes!

Fast forward a few years to this past October, when my good friend Carol McDonald was preparing to roast her peppers for peeling and stuffing with a fabulous mixture of corn, shallots, cilantro,

goat cheese, grated cheddar and jack cheese. Just thinking about peeling all of those peppers for a group of eight can be daunting. So, I shared my new trick with her. She was delighted and we all devoured her delicious peppers. I've made her recipe several times since then and they are always wonderful.

We use frozen corn, but you could certainly use fresh corn cut right off the cob for this dish. Also, keep in mind that poblano peppers can vary a lot in terms of heat levels; even peppers from the same plant can be different. Since we were in New Mexico at the time, we found both red and green poblano peppers and the red ones seemed to pack the most heat. However, you can often find poblanos that have very little heat. The problem is that you don't really know until you bite into them. If that intimidates you, just replace the poblano peppers with Anaheim peppers, which are very mild.

INGREDIENTS

6 poblano peppers (can use Anaheim peppers for less heat)
2 tablespoons olive oil
2 large shallots, finely chopped (or ½ yellow onion)
1 small red bell pepper, chopped
6-8 ounces goat cheese
1 cup grated Monterey Jack cheese
1 cup sharp cheddar cheese
1 ½ cups frozen corn (can be white and yellow mix, or either one)
½ cup minced cilantro
S&P to taste

DIRECTIONS

*Preheat oven to 400 F. (You can prepare peppers several hours ahead and refrigerate until ready to bake.)

Spray a large baking sheet with cooking spray.

Prepare peppers, by cutting a long narrow triangle with the wide part of the triangle just below the stem and the narrow part at the bottom tip of the pepper, leaving stem intact if possible. Cut out this section, chop and set aside. Then clean out the seeds and membranes from within the pepper. Set peppers open side up, on the baking sheet. In a sauté pan, heat olive oil and cook shallots until translucent. Add chopped poblano and red peppers. Sauté a few minutes longer. Remove from heat.

In a large bowl, crumble the goat cheese and add remaining grated cheese, sautéed peppers and shallots, corn and cilantro. Mix well with a fork or by hand. Season to taste with salt and pepper. Stuff cavities of cleaned peppers with filling.

Bake at 400 F for approximately 25-30 minutes, or until a knife inserts easily into pepper and cheese is bubbly and beginning to brown. Remove from oven and serve hot!

*I have not tried this yet, but am contemplating grilling them on the barbecue in order to get some charred spots on the peppers. Will keep you posted!



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.

Contra Costa County High School Mock Trial seeks volunteers with legal expertise



Photos Jonathan Lance, CCCOE

Submitted by Jonathan Lance

Bay Area soon-to-be, practicing, and retired law professionals are needed to provide assistance to their future brethren at the upcoming 38th Annual Contra Costa County High School Mock Trial Program, held on seven early weekday evenings during late January and early February, in 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 is *People v. Klein* – a young adult is charged with two felony counts: making a false report of an emergency (in this case, commonly referred to as "swatting") and making a criminal threat.

"This program is a great tool to ensure that our students understand the workings of the trial courts and thus the importance of an independent judiciary," says Contra Costa County Presiding Judge Barry Baskin, a long-

time Mock Trial volunteer, who encourages all of his local fellow law professionals to join him in assisting with this year's Mock Trial Competition.

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, pre-trial 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 champion advances to the state finals. This year, there will be 17 Mock Trial teams competing, representing high schools throughout all of Contra Costa County, including Acalanes, Campolindo and Miramonte high schools.

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



Contra Costa County Superior Court Judges Joni Hiramoto and Steven Austin.

to participate. A practicing or retired judge or commissioner will preside over each trial, and also serves as one of the trial's scorers.

"We applaud the hard work and time our students and their coaches put in to prepare for our Mock Trial program," said Contra Costa County Superintendent of Schools Lynn Mackey. "In ad-

dition, we are grateful for the continued generous volunteer support we receive from our county's Judicial, District Attorney, and Public Defender offices, as well as so many of our current and retired public- and private-practice attorneys. This successful program would never come together without so much support from the community."

Call for entries for LAC High School Visual Arts Competition



Gallery at Orinda Library

Photos provided

Submitted by Diane Athanasiou

The Lamorinda Arts Council will host its 16th Annual High School Visual Arts Competition from Feb. 14 to March 14 at

the Art Gallery at the Orinda Library. This annual exhibition provides the community a wonderful opportunity to view a wide range of creative, original work by local students and recognizes the re-

gion's dedicated high school art teachers.

Entries for the High School Visual Arts Competition are currently being accepted through Feb. 8. The competition is open to ninth through 12th grade students living in or attending public or private high schools in Orinda, Lafayette and Moraga. The competition is also open to all students who attend the Acalanes Union High School District schools, including Acalanes, Campolindo, Las Lomas, and Miramonte High Schools, regardless of residence.

Students may submit entries for 2D and 3D artwork as well as for photography and digital design. LAC offers community service hours for the project with school or district approval. The online registration form for entry is available now through Feb. 8,



closing at midnight. The registration form as well as the full details of the competition can be found at www.lamorindaarts.org/vac.

Event Chair, Denise Nomura, is looking forward to this year's participants: "It's going to be another exciting year of High School Art! The talent in this community is amazing and we are expecting over 200 pieces. The community is sure to be impressed."



Competition award winners will be announced during a free, public reception from 7 to 8:30 p.m. Wednesday, Feb. 20 at the Art Gallery at the Orinda Library. A panel of arts professionals and educators will judge and award winners.

LAMORINDA SPORTS

Lamorinda athletic trainers behind the scenes



Chris Clark



Ray Albiento



John Grigsby

Photos Gint Federas

By Jon Kingdon

From the start of every sporting event, there is one group in particular that hopes to be able to remain completely anonymous – the athletic trainers. The last thing that they want to hear after a play is a call for “Trainer!” The trainer has to be prepared for every situation as a player’s injury may range from something as minor as a leg cramp to a life-and-death situation.

Though athletic training began in 1881 when Harvard University hired the first trainer, it has been a long and steady process for high schools, colleges and even professional teams to see the value of having full-time trainers on staff. It was not until 1959 that athletic training programs became available as a major at some colleges. As the programs developed, athletic training became defined as “health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries.”

High schools around the country have rapidly come to understand the advantage of having a full-time trainer on staff. In 1994, only 35 percent of the schools had access to an athletic trainer. In 2015, 70 percent of U.S. public high schools had athletic training services while 37 percent had full-time athletic trainers. Forty-seven percent of the schools reported providing full practice coverage each afternoon.

The Lamorinda schools have had great stability with their athletic trainers. Chris Clark has been at Acalanes for the past 15 years, Ray Albiento has been at Campolindo for 14 years and John Grigsby has been the trainer at Miramonte for 13 years. Grigsby was just awarded the Far West Athletic Trainers Association Excellence in Athletic Training Award for the fall quarter of 2018, which is given to the trainer who displays exceptional commitment to mentoring, professional development and enhancing the quality of health care.

Besides serving as the trainers for every sport at their respective schools, they all teach classes as well. Clark began as a trainer and took it a step further: “I fell in love with teaching. I have two sports medicine and three PE classes. It’s an introduction to sports medicine and showing them the roles that other medical professionals can play. My advanced classes are for students that are interested in pursuing a career in the medical field.”

Grigsby also teaches sports medicine as well as a class in human and social development for sophomores and he challenges his students to look to the future: “I want to see what the students know about technology. One assignment I give them is to try and come up with new inventions in our classes.”

Teaching was not something that Albiento had antici-

pated doing: “I never thought I would become a teacher but, with the opportunities to teach sports medicine, I found that I loved teaching. I’ve seen a number of my students go on to be doctors, physicians assistants, trainers, nurses, EMTs, dieticians and strength coaches.”

Though football is the only sport that is required to have a trainer on site for every game, no sport is overlooked, says Clark: “We cover all of our contests for us and the visiting teams.”

“We’re required to be at every event that is at our home field,” says Albiento. “We put in a ton of hours and it helps that we have a great group of trainers in our district.”

Grigsby welcomes the challenge of covering all the games: “It’s more of a personal goal for me to provide for all of the sports. We get a great deal of help from the parents and boosters who help to provide the necessary equipment and supplies for all of our sports.”

The ounce of prevention philosophy has become a significant aspect of the trainers’ responsibilities, says Grigsby: “It’s preventing the injury before it occurs. Strength conditioning is key to keeping the athletes healthy. We’ve found that increased neck strength helps to prevent concussion susceptibility.”

With the help of the boosters, Acalanes was able to hire Logan Beal as its strength and conditioning coach, who has helped Clark in many ways: “Logan has allowed us to institute a program of exercise prescription in preventing injuries. Our girls’ water polo team (which was undefeated) showed how important it is to strength train and maintain. They put all the work in with Logan and we found they had much fewer repetitive muscle injuries. We’ve found similar success with our track program as well. The athletes and coaches have bought into the program.”

Albiento has also seen a decrease in knee injuries due to their strength program: “We’ve seen fewer ACL injuries due to more strength and conditioning. Before 2009, we did not have a strength and conditioning coach. Now we have two. With our teams working with the coaches in the offseason, we’ve seen a major decrease in significant injuries when we strengthen their bodies as a whole.”

Football is the most collision- and injury-prone sport, requiring the most attention of the trainers and demanding their greatest efforts. “It takes a lot of preparation,” says Grigsby. “We’re the first to arrive and the last to leave. We oversee the necessary equipment, the water boys and girls and are alert to contact the first responders if necessary. On every play, I watch the athletes get up and down.”

The trainer is responsible for both teams when the visiting team has not brought their trainer, says Clark: “I will get

the Gatorade and water jugs ready for both teams. There are pregame treatments and taping and setting up the sidelines. I will have 10-14 of my students helping, studying and observing on the sidelines. I try to keep up with the game but the fact is I am concerned from the opening kickoff until the last play of the game. I hate to hear the call for a trainer but that’s why I’m there.”

With the advent of Title IX and the exponential growth of girls participating in sports,

the trainers work with the girls’ teams as well. Clark treats all of the athletes equally, regardless of gender: “Athletes are athletes and all of them are individuals. They have signed up to play sports of their own volition and want to be a part of it. There is equality in the training room. Whoever arrives first gets treated first. I was a trainer with USA Volleyball and have covered a lot of female-centered events and the exposure has enabled me to understand female athletes. Not

every athlete is created equal in their ability to handle pain, whether male or female. I’ve found that in many cases, the girls are tougher than the guys.”

As in most fields, things change and evolve, says Albiento: “A master’s degree is now required to become a certified athletic trainer. We’re not seeing as many multiple sport athletes as we used to. They play one sport and after the season, they will go on to play for a club team.”

... continued on Page C3

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The all-encompassing life of a college athletic trainer



Josh Sims

Photos Saint Mary's Athletics / Tod Fierner

By Jon Kingdon

Josh Sims became the director of sports medicine this past August at Saint Mary's College. If you were to compare athletic training from college to high school, it's essentially the same ... only more so. The high schools are essentially one-man operations. Sims oversees a staff of five trainers and works with a group of more than 40 medical providers whose goal is to "assist in the prevention, care, evaluation, treatment and rehabilitation of athletic injuries. This team consists of orthopedic surgeons, general surgeons, general practice physicians, physical therapists, dentists, ear/nose and throat physicians, neurologists, neuropsychologists, psychiatrists, cardiologists, podiatrists, dermatologists, ophthalmologists, chiropractors and certified athletic training fellows."

Sims is well aware of one of the main laws of physics: mass times velocity equals force. With the increased size and speed of today's athletes on all levels, there is a greater risk of injury, says Sims: "I worked with the men's soccer team this year. With their size and speed, there are some major collisions and the potential for injuries goes up." Saint Mary's has 17 sports teams that are covered by their training staff. Each of the trainers is specifically assigned to three of the teams.

Sims appreciates how important the teams are to the athletes: "It's a balance of sports and academics for many of our students. We will be here from eight in the morning until six at night and later if necessary. We're seeing these kids all day and we're always here. It's important for them, their coaches and us to provide the treatment and rehabilitation to get them back on the field. As a staff, we will talk with each other and get second opinions, taking advantage of everyone's experience and history."

As it is difficult for a freshman to compete against a senior in high school, there is a similar concern for the 18-year-old freshmen competing against 22-year-old seniors in college. It's an issue Sims and his staff try to address immediately: "Even with kids playing high school and club sports, it's still a big adjustment for the freshmen to compete against the bigger, faster and stronger athletes. We look at landing and moving patterns for our players and determine where there may be strength deficiencies to get them up to the same speed as our upperclassmen." Saint Mary's has access to technological resources that are not available at most high schools. For example, the soccer team will use heart monitors on their players in practice, says Sims: "We will figure out what the optimal work load is for the athletes during the week, in games and

in the off season. We learn their thresholds and can avoid wearing them out. We have all the fancy toys that aid in recovery. We can push really hard in rehab for the next session."

With two strength coaches on staff, the trainers work in conjunction with them on a performance and preventive level, says Sims: "We will work together to build in these programs. We will test jumping and landing and incorporate strength training into that. It's all aimed to put the players into a better position to avoid injuries and setting them up for success."

Prior to the 1980s, the male and female trainers would only work with the respective male and female teams. Sims does not give any thought to gender when assigning the trainers to a specific team: "No one even thinks twice these days about the gender of the trainer or the team. We assign the trainers based solely on their abilities and their passion for the sport."

It all comes down to comfort and trust between the athlete and the trainer. "I've never had an issue with any of the female athletes," says Sims. "We spend so much time with them and they get to know you. They're not afraid to ask about things. I can't tell you how many times I've been asked for a tampon. We're in the health care business. They know you have their best interests at heart. I've always

been careful not to make anyone feel uncomfortable and will always explain what I'm going to do before I do it. There is no real difference between the men and the women. We treat them equally. Some are tougher than others. We determine what they can handle."

Though the trainers do not teach classes at Saint Mary's, one of their trainers, Kira Paulin, serves as a liaison between the kinesiology department and the training department. "A number of them will work with us to get the experience with an athletic training program," says Sims. "Besides the experience, they can see if they want to pursue this as a career."

Sims is always looking for more help: "We will have some coverage at all of the sports. All of the contact sports will have someone on site for practices and the games. On the noncontact sports, we are able to utilize the students who are qualified in first aid and CPR though we are available should anything more serious come up."

Having worked with numerous athletes in his career, Sims singles out one particular group of athletes that truly impressed him: "When I was getting my master's at the University of Oklahoma, I worked with the track and cross-country teams. However, it was the gymnasts that were the toughest athletes I worked with. They were mentally and physically tough

and won the national championship that year. It's the ones that give you their best effort and that pushes me to be better. I had a football player at Oregon State who challenged me more than I had ever been challenged to get him on the field as safely and quickly as possible. He was going to master everything I threw at him and I always had to look for the next thing to challenge him. We came to know each other so well it made both of us better. That is the ideal student-athlete."

Sims graduated from Oregon State in 2005 with a degree in exercise sports science. Ironically it was an injury that led him to his career as an athletic trainer: "I had an ankle injury in high school and our trainer, Blake Bowers, who had been a trainer with the Oakland A's, treated me and sent me to various clinics which piqued my interest in the human body and how it functioned. The human body is a fascinating thing and I get to be around sports."

College trainers are being asked to handle far more than just orthopedic injuries says Sims: "We're an all-encompassing health care department dealing at times with illnesses, mental illness, nutrition and eating disorders. At times we're being asked to be experts in everything and we're not quite there yet so we are working to get the experts. We're working with an extensive network in the Bay Area to cover all the specialties."



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Lamorinda athletic trainers behind the scenes

... continued from page C1

Computer technology has become an excellent tool for the trainers, according to Grigsby: "Robotics engineering is helping with surgeries and rehabilitation, not only in sports but with our war veterans. We now use computer baselines for concussion management, checking the kids' reaction times and memories. It's also used for strength, conditioning and performance enhancement."

Still, some things just don't change, according to Clark: "Anatomy is still anatomy. However, science has caught up with what we have been dealing with all along. We are all better positioned to deal with concussions and brain injuries. There are better and much less invasive surgeries and regenerative therapy. The future is bright as it relates to athletic injuries and treatment."

The trainers will have the last word as to whether a player can return to practice and playing after an injury despite the efforts of some of the athletes, says Clark: "Kids

will get notes from doctors, going 'doc-shopping,' to find a doctor that will clear them to play, particularly with concussions. The district policy is that no player can get back onto the field unless he is cleared by the trainer. We have had great backing from the schools, the district and the administration. If we need to push back, they will back us."

Each trainer took different paths in making training their career. Ironically, it was an injury that led Albiento that pointed him in that direction: "I was a pitcher at St. Joseph-Notre Dame High School in Alameda when I tore the cartilage in my shoulder. After having surgery, I was sent to Bay Area Physical Therapy where the A's and Warriors would go for treatment. Coincidentally my trainer was Chris Clark's father-in-law. I loved the environment and thought that it would be an awesome job."

Clark, who went to St. Mary's High School in Berkeley, got his first job as a trainer returning to St. Mary's High School after his certification. It was a relative of Clark's who

had suffered some mini-strokes that led him to become a trainer: "My grandfather had a hard time moving and I would help him move his legs. I would talk with his physical therapist and she recommended this as a career. A teacher of mine, Stan Nakahara, a legend in his field, had his own clinic and I interned there and learned a ton from him. I loved athletics and saw this as a way to be around it."

Grigsby, who graduated from Northgate High School, took a class in athletic training which at that point was the first and only program in the Bay Area. He went on to San Diego State and graduated with a degree in kinesiology and sports medicine. Grigsby's first job was at Mount Miguel High School and then was called by Glen Barker about the opportunity to become the trainer at Miramonte and has been there ever since.

When the trainers first arrived, there was some skepticism from the coaches. "At first, it took time to develop a trust with the coaches and for them to recognize my ability and how I stood up for the

kids," says Clark. "Based on how I've done things, I've gained their respect. It was a learning curve to expectations for what I was doing." It was similar from the start for Albiento: "Initially there was a range of reactions from the coaches. Some were receptive and others had to learn why I was there. It's worked out very well since then."

Grigsby had a positive reaction from the coaches, the faculty, the parents and the community from the outset: "I could never thank them enough for welcoming me from the beginning. They all know that in our district there will always be a trainer on the fields and in the gyms."

There is a unanimous belief that athletic training is a growth industry. Clark cites how many females are pursuing this field: "There is more diversity in athletic training each year. I have a large number of females in my sports medicine classes. I constantly remind them that their background and gender doesn't matter. What's most important is that they have to be passionate about it."

Clark points out the need for trainers in many more areas than in high schools and colleges: "It's all over the place - Cirque du Soleil, ballet companies, rodeos, NASCAR and the armed services. Even corporate settings and Federal Express see the need for biomechanics and rehabilitation."

Is there any competition between the trainers? Hardly. Clark is looking forward to getting together with the Grigsby and Albiento: "We're all going to have lunch after our schools' finals. We will talk shop and catch up. We're all family guys both personally and professionally. It's always good to catch up and talk shop."

Grigsby echoes that sentiment: "We have a great collaboration. Our schools are unique in that they all have a full-time athletic trainer. We have all have been working together. It's been good to see that other schools are following our lead and getting full-time trainers and covering all the sports."

Diablo Athletic League recognitions, girls 2018-19

Girls Cross Country 1st Team All-League

Paloma Hancock	Campolindo
Alicia Hober	Campolindo
Audrey Allen	Miramonte
Jamie Say	Miramonte
Nicole Frigon	Acalanes

2nd Team All-League

Ellie Guthrie	Campolindo
Sophie Webster	Campolindo
Kate Riley	Miramonte
Lauren Yee	Acalanes

Foothill Division, Girls Golf Co-Most Valuable Players

Ashley Pan	Campolindo
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First Team All-League

Kaylen Tu	Miramonte
Kaydee Tu	Miramonte
Avalon Schenone	Acalanes

Second Team: All-League

Harper Orr	Miramonte
Katie Ingrey	Miramonte

Honorable Mention: All-League

Heather Shinn	Miramonte
Ainsley Murphy	Campolindo
Caitln McDonagh	Acalanes
Grace Andronico	Acalanes

Foothill Division, Girls Tennis 1st Team All-League - Singles

Amber Lee	Miramonte
Macey Dowd	Miramonte
Eliza Bates	Acalanes

1st Team All-league - Doubles

Michelle Tang/Peyton Smith	Miramonte
Paige Millham/Anna Hyman	Miramonte

2nd Team All-League - Singles

Sydney Bell	Acalanes
Henriette Schmuck	Miramonte
Jasmine Toni	Acalanes
Zoe Cate	Acalanes

2nd Team All-League - Doubles

Charmae Wang/Juliette Barlier	Campolindo
Maile Nomura/Alex Bonardi	Campolindo
Maya Harrison/Alyson Eversole	Miramonte

Honorable Mention - Singles

Vivian Toni	Acalanes
Vanessa Anderson	Miramonte
Isabella Restrepo	Campolindo

Foothill Division, Girls Volleyball Most Valuable Player

Audrey Pak	Campolindo
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1st Team All-League

Sarah Carrasco	Campolindo
Sophia Newman	Campolindo
Madi Risch	Acalanes
Elsa Clever	Acalanes
Megan Hohman	Miramonte

2nd Team All-League

Rachel Go	Acalanes
Erin Thomas	Campolindo
Lauren Lim	Miramonte
Jen Giron	Miramonte

Honorable Mention - Foothill Division

Cailyn Good	Miramonte
Roxy Cummings	Acalanes
Elizabeth Canon	Campolindo

Foothill Division, Girls Water Polo Most Valuable Player

Jewel Roemer	Acalanes
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Outstanding Goalie

Savannah Sherwood	Miramonte
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1st Team All-League

Zoe Crouch	Campolindo
Christina Crum	Campolindo
Alex Fellner	Acalanes
Sally Fellner	Miramonte
Katherine Hawkins	Campolindo
Katie Lyons	Miramonte
Claire Rowell	Acalanes
Lexi Rowell	Acalanes
Kylie Walker	Acalanes

2nd Team All-League

Camryn Sutter	Campolindo-Goalie
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Zoe Benizek	Acalanes
Lola Ciruli	Campolindo
Ava Dunleavy	Acalanes
Abby Fleming	Miramonte
Jessica Henningsen	Campolindo
Chloe Morrison	Miramonte
Alex Mould	Acalanes
Nina Munson	Campolindo
Fiona Young	Miramonte

Honorable Mention

Courtney Coleman	Miramonte
Mary Beth Heffelfinger	Acalanes

Photos Gint Federas



Audrey Pak

Sarah Carrasco



Madi Risch

Megan Hohman



Jewel Roemer

Savannah Sherwood

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Lamorinda

OUR HOMES

Lamorinda Weekly Volume 12 Issue 24 Wednesday, January 23, 2019



Digging Deep with Cynthia Brian ... read on Page D12

Getting your house in order to welcome in the Year of the Earth or Golden Pig

By Michele Duffy

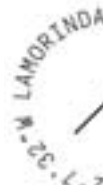
Ruled by the Tiger month (Feb. 5 to March 5), Chinese New Year normally falls in February each year. Many families prepare ancestral altars and display photos, offerings, flowers and foods including sweets and cakes and wine, to honor the ancestors in the family. To welcome in the new year properly is to do it with great ceremony and celebration. People often take the entire month of February off and travel long distances to reconnect with family and friends. Parades, parties, visiting, dinners and red envelopes for the kiddos are all part of the annual festivities.

Protective amulets for a difficult or inauspicious years are also equally prepared and in place before the New Year begins. The house is thoroughly scrubbed, repairs are made, pantries are cleaned and old pantry items are discarded and restocked, and it is also observed that family members wear their finest garments, or at least one new clothing item on New Year's Day. The house must be free of all 2018 dirt and grime to properly welcome the new year. ... continued on Page D4



2019 HAPPY NEW YEAR
YEAR OF THE PIG

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New Listing ~ Open Sunday 1-4pm

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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	5	\$759,500	\$1,495,000
MORAGA	1	\$1,275,000	\$1,275,000
ORINDA	4	\$1,100,000	\$1,925,000

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

- 1020 Dolores Drive, \$1,385,500, 3 Bdrms, 2485 SqFt, 1948 YrBlt, 12-13-18,
Previous Sale: \$191,500, 08-01-85
- 778 Las Trampas Road, \$1,145,000, 3 Bdrms, 1514 SqFt, 1959 YrBlt, 12-06-18,
Previous Sale: \$830,000, 09-24-08
- 2589 Pebble Beach Loop, \$1,025,000, 5 Bdrms, 2674 SqFt, 1963 YrBlt, 12-14-18,
Previous Sale: \$930,000, 12-03-04
- 3 Valley High, \$1,495,000, 5 Bdrms, 3220 SqFt, 1977 YrBlt, 12-13-18,
Previous Sale: \$1,570,000, 04-29-08
- 1066 Via Baja, \$1,425,000, 4 Bdrms, 2931 SqFt, 1968 YrBlt, 12-12-18
- 3141 Withers Avenue, \$759,500, 3 Bdrms, 1250 SqFt, 1954 YrBlt, 12-11-18

MORAGA

- 1858 Joseph Drive, \$1,275,000, 4 Bdrms, 2473 SqFt, 1970 YrBlt, 12-07-18

ORINDA

- 3 Easton Court, \$1,400,000, 3 Bdrms, 1917 SqFt, 1956 YrBlt, 12-04-18,
Previous Sale: \$1,295,000, 06-08-15
- 84 El Gavilan Road, \$2,050,000, 3 Bdrms, 3152 SqFt, 1971 YrBlt, 12-07-18
- 6 El Patio, \$1,300,000, 4 Bdrms, 2246 SqFt, 1951 YrBlt, 12-11-18,
Previous Sale: \$905,000, 04-10-03
- 141 Overhill Road, \$1,150,000, 3 Bdrms, 1982 SqFt, 1956 YrBlt, 12-14-18,
Previous Sale: \$1,150,000, 12-05-18
- 176 Ravenhill Road, \$1,100,000, 3 Bdrms, 2245 SqFt, 1982 YrBlt, 12-14-18,
Previous Sale: \$399,000, 09-01-89
- 5 Spring Court, \$1,995,000, 3 Bdrms, 4831 SqFt, 1948 YrBlt, 12-03-18,
Previous Sale: \$1,300,000, 11-18-02
- 8 Sunrise Hill Road, \$1,925,000, 6 Bdrms, 5181 SqFt, 1987 YrBlt, 12-11-18
- 208 The Knolls, \$1,246,500, 2 Bdrms, 2116 SqFt, 1974 YrBlt, 12-05-18,
Previous Sale: \$950,000, 05-15-17

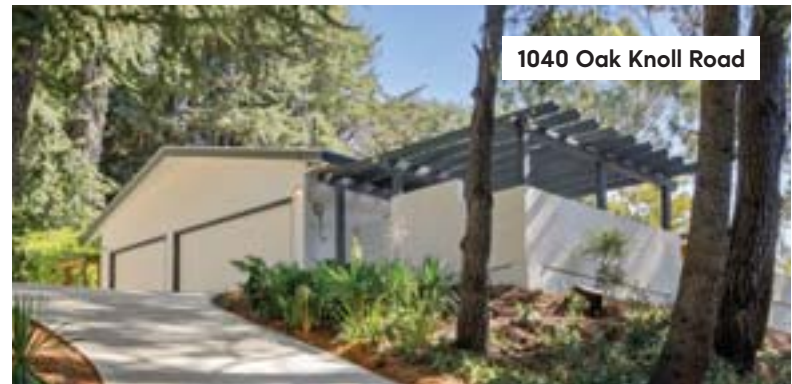


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-Tran T.



The Paddy Kehoe Team



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 DRE 01968517



PADDY KEHOE TEAM



Getting your house in order to welcome in the Year of the Earth or Golden Pig

... continued from Page D1

All of the energetics you wish to be blessed with all year should ideally also be part of what you create inside your heart, and in your surroundings on New Year's Day.

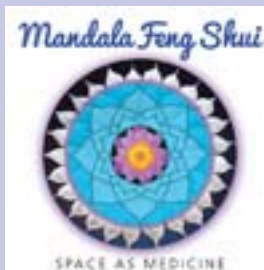
The Yin Earth Element of Pig year is fully balanced by Earth's yin/yang properties so 2019 will feel more stable, natural, and the yin/feminine presents as less serious, and demanding than 2018 Dog year. The more celebratory Pig vibe is a welcomed shift after last year's intensity and seriousness. (To see more about the Earth or Golden Pig year as it relates to our personal lives go to:

www.lamorindaweekly.com/archive/issue1223/Celebrating-the-Year-of-the-Earth-Pig.html)

Happy New Year!

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 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



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The Real Estate Year in Review

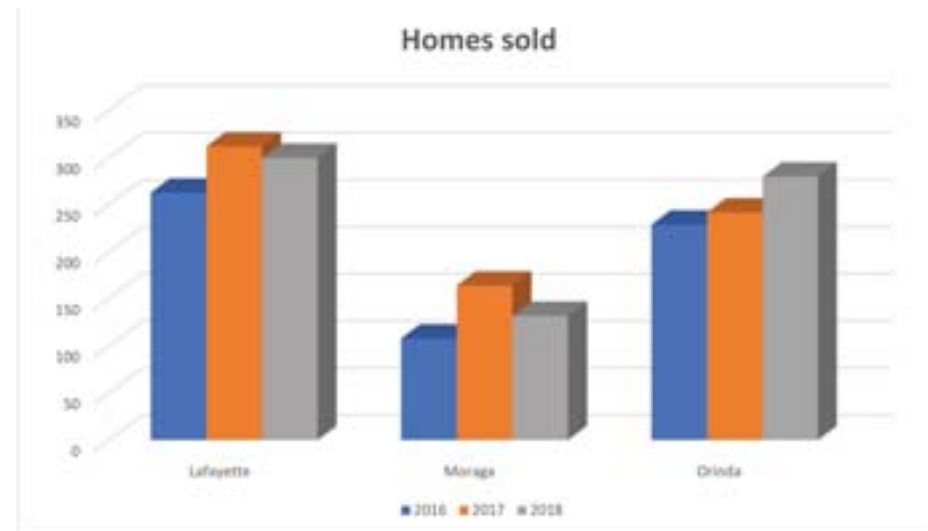
By Conrad Bassett, Licensed Real Estate Broker and CRP, GMS-T

2018 was another extremely strong year for sellers of residential real estate in Lamorinda. Sales volume was solid with a minimal increase in supply matched by continued strong demand and average price increases in Lafayette, Moraga and Orinda.

As in 2017, homes stayed on the market for a similar limited time and the majority of homes sold at or above their asking price.

Per Contra Costa Association of Realtors, statistics reported for closings Jan. 1 through Dec. 31, 2018, 300 single-family homes closed in Lafayette versus 312 in 2017. There were 263 in 2016 and 338 in 2015. For the 300 reported closings, sales prices ranged from \$450,000 to \$7.8 million and the average time on market was 20 days, a slight decrease from the 23 days in 2017. The average sale price was \$1,736,519, up from \$1,625,636 in 2017. It was \$1,506,811 in 2016. The average sales price was 102.1 percent of the final list price. There was one Lafayette foreclosure sold on the MLS.

In Moraga there were 132 single-family closings, which was down from the 164 in 2017. There were 108 in 2016 and 135 in 2015. Prices ranged from \$800,000 to \$3.5 million. The average sale price was \$1,485,713. It was another solid rise from the \$1,388,287 in 2017 and



\$1,272,179 in 2016. The number of days on market in 2017 was 16, far below the 28 in 2017. The average home sold for 101.3 percent of its last list price. There were no REO properties that closed on the MLS and no short sales. ... continued on Page D10

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Lafayette



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959 Sunnyhill Road

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\$3,495,000 | 959sunnyhill.com

Lafayette



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Gorgeous Glorietta Charmer

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19 Moraga Via, Orinda

4 BD 2.5 BA 2881± SQFT .34± acre lot \$1,565,000 19moragaviaorinda.com

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19 Moraga Via truly showcases the best of California living. Outdoor features include: circular driveway, privacy, towering palms, lovely mature trees, native plantings, areas for gardening, a handsome bridge with babbling brook and wonderful flat lawns & yard spaces. A commuter's dream come true; this home is only minutes to downtown Orinda, Meadow Swim & Tennis Club, the Lafayette Reservoir, Oakwood Athletic Club, BART, Highway 24 and close to K-5th grades.



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The Real Estate Year in Review

... continued from Page D8

In Orinda the number of single-family closings was at 280, a continued climb from 242 a year ago and the 229 in 2016. The reported sales ranged in price from \$706,500 to \$12.25 million with an average price of \$1,729,306. In 2017 it was \$1,614,279 and in 2016 it was \$1,577,727. The average market time was 31 days, just above a year ago when it was 24. The average sales price was an average of just over 101.3 percent the final list price for the reported sales ... the same as Moraga. There was one short sale and three REO (bank owned) sales in Orinda in 2018.

There was one reported sale in the MLS in Canyon in 2018 for \$571,000.

On an average price per square foot basis for reported sales in 2018, Lafayette homes sold for \$687.13, again up from 2017's \$642.46 and 2016 when it was \$589.47. In 2015 it was \$585.87 and in 2014 when it was \$546.87. In 2018, Moraga homes sold for \$589.93 per foot also up from \$565.37 in 2017, \$558.02 in 2016, and \$532.90 in 2015. In Orinda last year it was \$638.12. It was \$609.13 in 2017, \$594.37 in 2016, and \$560.79 in 2015, continuing the trend that started in 2012.

In the condominium/town home category, Lafayette had 36 closings in 2018, which was an increase from 30 closings in 2017, and a big increase from the 16 closings in both 2016 and in 2015. As new developments of condominiums and town homes are being added in Lafayette, some new construction sales will not go through the MLS. If the actual sales of all of the new homes are included, this would increase the total. Prices ranged in 2018 from \$600,000 to \$2.45 million. Moraga had 85 closed units, up from 65 in 2017 and 79 in 2016. Sales ranged from \$350,000 to \$1.24 million. This includes attached homes in Moraga Country Club. Orinda had nine closings while they had eight in 2017. They sold from \$520,000 for a one on Brookwood to \$1.295 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. 11, there were 28 dwellings under contract per the MLS in the three communities combined, with asking prices of \$599,000 to \$3.995 million. There are two 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 face foreclosure.

A comparison of year-end inventory in the three communities combined shows 47 homes on the market, versus 40 homes on the market last January. 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 \$750,000 to \$4.175 million in the three communities combined.

In Lamorinda in 2018, 163 homes sold for more than \$2 million. In 2017 there were 115 and in 2016, 82 homes sold for more than \$2 million.

Interest rates have remained historically low, although there has been some increase in the last few months, 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 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. Comparably speaking, the East Bay is a bargain.

The 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 relatively low supply and a willingness by sellers to be realistic in their pricing, should continue to fuel a strong market in 2019.



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Digging Deep with Cynthia Brian

Reaping what you sow!

“Sow a thought, reap a word. Sow a word, reap a deed. Sow a deed, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.” ~ Charles Reade



A gnarled ficus tree.

Photos Cynthia Brian

By Cynthia Brian

Where I grew up there were no preschools or kindergartens, so until I started first grade, my days were spent mostly outside in the dirt, playing or helping my parents with farming and ranching chores. I attribute a great deal of my horticultural acumen to those early years when a child's brain is like a sponge, soaking up information that will be useful later in life. I didn't learn to read until age 7 when I entered first grade and once I was introduced to the magic of literacy, I was

obsessed with books. Collecting soulful quotes and poems became a passion of mine and to this day I still have my handwritten notebook filled with my favorite scribbles.

The other day I decided to reread things that I've been saving for years and wasn't surprised to learn that I have always leaned towards positive, uplifting, life-changing and lofty adages, the majority of which are nature oriented. If you've been reading Digging Deep with Cynthia Brian for any of the last 11 years, you probably notice that I begin each column with a quote to anchor the theme of the article. I believe that quotes have the power to help us think clearly while re-framing events that may be happening in our lives.

The source is unknown in the following poem. It is one of my very favorites and I believe you'll find it enlightening as well, especially as we begin a new year and new leaf.

What You Sow, You Will Reap

If you plant honesty, you will reap trust.
 If you plant goodness, you will reap friends,
 If you plant humility, you will reap greatness.
 If you plant perseverance, you will reap victory,
 If you plant consideration, you will reap harmony,
 If you plant hard work, you will reap success.
 If you plant forgiveness, you will reap reconciliation.
 If you plant openness, you will reap intimacy.
 If you plant patience, you will reap improvements.
 If you plant faith, you will reap miracles.

But...

If you plant dishonesty, you will reap distrust.
 If you plant selfishness, you will reap loneliness.
 If you plant pride, you will reap destruction.
 If you plant envy, you will reap trouble.
 If you plant laziness, you will reap stagnation.
 If you plant bitterness, you will reap isolation.
 If you plant greed, you will reap loss.
 If you plant gossip, you will reap enemies.
 If you plant worries, you will reap wrinkles.

As gardeners, we know we need to be careful what we plant now because it will determine what we will reap tomorrow.

No wonder that we like to be surrounded by trees and beautiful landscaping. If you want to live longer, plant a tree that you love. Science backs up what we innately know when we are near trees: we become less stressed, improve focus, increase our feelings of well-being, and radiate joy. January and February are the best times to buy bare-root trees and shrubs. Keep the roots wet until the hole is dug and the tree is planted. I'm often asked what is my favorite flower or tree, and of course, I have no definitive answer.

... continued on next Page



Shiny red anthuriums are terrific as houseplants and arrangements.

How could I choose a favorite child? Impossible.

January is not so much a month for planting but for planning. When it's cold and wet outside, sit by the fireplace with a cup of hot tea, garden catalogues, and a garden book (consider my book, "Growing with the Goddess Gardener" filled with 24 months of colorful photos, tips, tales, and tricks available at <http://www.CynthiaBrian.com/online-store>). Peruse the pages, dog-ear the corners, and get out your yellow marker to circle flora that calls to you. Make a dream board of your favorite specimens and a list of names. Make sure to include succulents as droughts



A bouquet of pink oriental lilies add cheerfulness to any winter room.

will become the norm. When spring rolls around, visit your favorite nursery or garden center to see these plants in person and ask the garden professional plenty of questions. Your garden needs to be a reflection of you. What are you drawn to? Let your eyes, heart, and knowledge of your specific soil and microclimate make the decisions. Buy healthy seeds, plants and trees from reputable retailers. Remember you will reap what you sow!

Happy Gardening! Happy Growing!

Cynthia Brian's Gardening Tips

DIAL 811 at least two working days before digging a hole for a tree, irrigation, systems, installing a fence or other structure to prevent hitting underground utility lines.

- **SCATTER** snail and slug bait throughout your garden to protect your plants from getting munched.
- **FLOAT** camellias in a bowl as a table arrangement.
- **PRUNE** shrub roses back one third to two thirds; hybrid teas and floribunda two thirds to three fourths. Cut out the old woody stems of climbers and cut previous year's flowering shoots down to 3-4 inches. Let ramblers ramble!
- **SNIP** and steep lemon verbena, rose petals, calendula, and mint in hot water for a light, fragrant winter tea that will warm you.
- **TRIM** crape myrtle shrubs and trees. If you want your shrubs to remain small, prune the branches to about 18 inches.
- **ENLIVEN** a dreary winter with exotic floral arrangements that include anthurium, Oriental lilies, or orchids.
- **FERTILIZE** when it rains for maximum effectiveness.
- **PLAN** for spring planting and make sure to include succulents and drought resistant plants.
- **SOAK** your feet in a bowl with marigold and chrysanthemum petals to prevent winter chapping. You can add honey as an emollient.



Heavy prune crape myrtles that you wish to form into a bush or prune gently to shape your trees.



A foot bowl of marigold and chrysanthemum petals offers healing and soothing properties.



Camellias are in full bloom. Float them in a bowl or cut stems as flowers.

Digging Deep with Cynthia Brian

Cynthia Brian's simple strategy for rainscaping

We can't control Mother Nature, but we can control how we garden. Preparing your garden to embrace storms and excess rainfall will control runoff and erosion damage. Add swales, dry creeks, rain chains, and plants to capture the rain. We need the rainwater to soak into our soil to recharge our groundwater. Storm water runoff is a pollutant. Add a fountain, pond, reflection pool, or other water feature that will save water while enhancing the beauty of your landscape.



Plan to plant succulents in the spring.



Cynthia Brian

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.

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