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Art lovers and many others filled the old Wells Fargo Building on Feb. 14 in Lafayette.

Photo Pippa Fisher

Packed opening night For the Love of Art

By Pippa Fisher

The building was packed and there was a long line of people outside waiting to get into the opening of Jennifer Perlmutter's pop-up art gallery Feb. 14 at the old Wells Fargo building on the corner of Mt. Diablo Boulevard and Moraga Road. And even the torrential rain didn't dampen people's enthusiasm.

The first exhibit entitled "For the Love of Art," appropriately named given that the opening day was Valentine's Day, was beautifully displayed in the lofty building – more spacious than Perlmutter's existing gallery.

Perlmutter is certainly happy with the success of the opening night. "I expected half the number," she said, noting that it was a diverse crowd of close to 300, with people coming from as far away as

Sacramento, Palo Alto, San Francisco and Napa. "There were small children, millennials and one lady who said that in 74 years of living in Lafayette she had never seen anything like this."

Wine was being served from the old teller counters, people could access the vault to see a fun exhibit and in another corner the Acalanes Jazz Quartet expertly entertained.

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More frequent bus service for Lamorinda arriving soon

By Sora O'Doherty

County Connection has announced more frequent weekday service on Route 6, which serves customers on a loop from the Orinda BART station, through Moraga to the Lafayette BART station and back, with selected runs also providing service to Orinda Village. Starting March 10, buses will run every 20 minutes during weekday morning and evening commute hours. Currently the buses run every 40 minutes during peak. Cash fares will increase to \$2.50, but will remain at \$2 with a Clipper card. Seniors and disabled persons can avail of half off of either the cash or clipper card fares.

Route 6 runs close to many schools in Orinda, Moraga and Lafayette, and also provides direct access to Saint Mary's College. If you are waiting for a bus, you can see where it is and when it will arrive in real time on the Transit app, available for iPhone and Android phones, or on the County Connection website. Route 6 has a better than average on time performance rate of 91 percent, as compared with the systemwide average of around 87 percent, according to Melody Reeb, County Connection manager of planning.

Moraga Police Department swearing-in ceremony

By Vera Kochan

Police Chief Jon King couldn't have seemed prouder as he addressed his officers, their families and friends of the Moraga Police Department before the swearing-in ceremony Feb. 7 at the Hacienda de las Flores. Two officers were promoted to corporal, two joined the ranks as officers and one joined the ranks as a reserve officer. Also hired was a new police services technician.

King spoke briefly about each officer before they came to join him at the dais. He later personally presented each with a Certificate of Appointment. "I still read mine every morning before I come to work. It means a lot to me," he said.

Before the ceremony began, Moraga Vice Mayor Kimberleigh Korpus said, "It's certainly a great achievement for our new police officers. Moraga is recognized as one of the safest cities in the state, and it's because of the outstanding job our police department does, led by Chief King." She added, "For those that are joining our force, welcome to the family."

Moraga Town Manager Cynthia Battenberg agreed, "Last year we saw a 21 percent decrease in crime thanks to your hard work."

The Law Enforcement Oath of Honor was administered by Moraga Town Clerk Marty McInturf before a standing-room-only crowd of well-wishers.

... continued on Page A5



Photo Vera Kochan

Officer Jeff Yanga and 4-year-old son, Micah

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City adds 20 acres for neighborhood hillside trails, open space



Google maps

By Pippa Fisher

Lafayette, in partnership with John Muir Land Trust, has added 20 acres of open space to its inventory of natural parkland with the purchase at the end of last month of

the “Batwing” property – the rambling hillside property located at 3333 Hamlin Road, so-called because its shape when mapped out resembles a flying bat.

The property sits between St. Mary’s Road

and Sweet Drive, roughly halfway between Stanley Middle School and Buckeye Fields. Once offered for sale for residential development, the property is now guaranteed to remain a permanent nature park with walking

trails open to everyone.

With the unanimous decision at the Jan. 28 city council meeting, the city is now halfway to meeting its General Plan goal of five acres of parkland for every 1,000 residents. Prior to the acquisition of this land the city needed to add 44 acres to the current 91 acres. The city’s plan had identified this property as a priority dating back to the 1980s.

Parks, Trails and Recreation Director Jonathan Katayanagi credited the hard work of the many volunteers who made this possible, including Linus Eukel, executive director of John Muir Land Trust, past and present city councils, and the Parks, Trails and Recreation Commission.

Funding for the \$1.8 million price tag will come from the Parkland Acquisition Fund, fees

that are collected when new development occurs, and from the city’s remaining Measure WW local grant funds. This sum includes money for signage, installation of some stairs, trail development, some fencing and initial costs for maintenance.

“A healthy park system offers diverse opportunities for outdoor recreation,” commented Eukel, explaining that this acquisition is part of a comprehensive strategy for the entire region. “In Lamorinda, John Muir Land Trust has protected 604-acre Carr Ranch, a pristine addition to a large wilderness refuge. We’re raising funds to protect Painted Rock, the potential anchor of a centrally located 505-acre community park that would be enjoyed by hundreds of visitors

daily. The 20-acre Batwing property is a wonderful example of a neighborhood park that gives people everyday access to the outdoors just steps from their homes.”

Mayor Cam Burks described the actions as representing for him one of the most historic city council decisions in decades. “Generations of Lafayette residents and others will be able to enjoy this pristine, nature parkland for many years to come; an area that truly represents the special character of our community. I want to express my profound thanks to Jonathan for his leadership, and the entire Parks, Trails and Recreation Department; in addition to our PTR commission and many other members of the staff involved in this undertaking.”



Photo Pippa Fisher

Acalanes High School Director of Choral Activities Bruce Lengacher (far right, with students and council members) led a harmonious performance by the Chamber Singers before the Feb. 11 city council meeting.

City hires recruitment firm, will seek public engagement on new city manager hire

By Pippa Fisher

The Lafayette City Council signed an agreement at its Feb. 11 meeting with the recruitment consulting company Avery & Associates, as a first step to finding a replacement city manager. The search is likely to take around four and a half months.

An ad hoc committee of Vice Mayor Mike Anderson and Council Member Teresa Gerringer worked with City Administrative Services Director Tracy Robinson to review proposals from four firms.

With an emphasis on the need for public engagement and transparency Gerringer said that, although all firms allowed for convening community forums, conducting online surveys and meeting with key community stakeholders as a way to solicit input from the community, only one firm, Avery & Associates, included such measures in its initial fee – a total cost of \$26,900.

Paul Kimura of Avery & Associates explained to the council that he was aware of the value and premium being placed on community engagement and transparency. He explained that he anticipated meeting with each of the council members and reaching out to the community by phone, community Town Hall meetings and online surveys to seek input.

Once public input has been gathered, a search done and preliminary interviews completed, Kimura anticipates bringing roughly five to seven candidates to the city for its consideration.

Members of the city council, city staff, the interim city manager and the former city manager will conduct interviews, which will likely be done in private. Kimura noted the importance of candidate confidentiality and explained that he has seen qualified candidates withdraw rather than risk their name becoming public during the process.

Mayor Cam Burks has confidence in the selection of Avery & Associates.

“I’m very pleased with the firm we selected and thank Vice Mayor Anderson and Council Member Gerringer for their hard work in selecting a company with a strong track record,” said Burks after the meeting.

Burks explained, “What excites me most about our selection is that I believe we have chosen a firm that will utilize the right tools, process and methodology required to collect comprehensive public input; input from our community that is absolutely critical as we form the basis of the position description and select a city manager that will meet the identified needs of the people of our city.”

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Lafayette Public Meetings
 Tuesday, March 4, 7 p.m.
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

City Council
 Monday, Feb. 25, 7 p.m.
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission
 Tuesday, March 4, 7 p.m.
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review
 Monday, Feb. 25, 7 p.m.
 Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

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

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

Mitchell Ridge named in honor of Lafayette's native son



Photo Pippa Fisher

From left, Former Mayor Don Tatzin, Mayor Cam Burks, Lauren Mitchell (daughter), Mike Mitchell (brother) and Anita Mitchell (mother)

By Pippa Fisher

As a fitting tribute to the memory of a man who was loved and respected by so many in the community, the city council adopted a resolution to name one of Lafayette's ridges in honor of former mayor and council member Mark Mitchell.

Following Mitchell's sudden passing last November, former mayor Don Tatzin approached Mitchell's wife, Anne, for suggestions on how to honor his legacy. The family determined that naming the as-yet unnamed ridge near their family home would be appropriate given Mitchell's dedication to preserving the city's hillsides and ridgelines and his advocacy for open space preservation.

Mitchell served on the Planning Commission from 2001 until 2012 when he was elected to the city council. He served as mayor from 2015-16. He is the only council member born in Lafayette, raising his family in the city.

Parks, Trails and Recreation Director Jonathan Katayanagi explained that Mitchell's many contributions to the community, especially his accomplishments in ridgeline and open space protection, make him a suitable candidate for the United States Board on Geographic Names naming process. While USBGN policy man-

dates that a formal application cannot be submitted until after a five-year waiting period following a death, the city can still adopt the name locally in the meantime.

The ridge spans just over a mile, following part of Solana Drive, Solana Court, Sweet Drive and Jennie Court in Lafayette. The council also authorized payment up to \$5,000 from the general fund to install a plaque in the public right of way near the summit location.

Speakers including Tatzin, former mayor Brandt Andersson and several residents shared memories of Mitchell, many mentioning his ready smile and his gift for listening.

Mayor Cam Burks also recalled Mitchell's warm smile and spoke of his love of family. "I learned so much from Mark about how to be a city council member and leader in the community," said Burks. "He was a true mentor to me ... he absolutely loved our city and wanted to support our community more than anyone I've ever met."

Mitchell's mother, brother and daughter were at the meeting to receive the proclamation. Mitchell's wife, Anne, was out of town and unable to attend, but Burks says the city is planning to hold a special plaque placement ceremony in the near future, making sure that she will be able to attend.

Don Tatzin - Citizen of the Year



Don Tatzin and his wife Ellen Reintjes

Photo provided

By Pippa Fisher

It's official – Don Tatzin, former mayor and longtime city council member, is the 2019 Lafayette Citizen of the Year.

A dinner will be held in his honor at the Lafayette Park Hotel and Spa on Friday,

March 22. To register for the event, which is expected to sell out quickly, go to the Chamber of Commerce website – see below for link.

An in-depth article featuring Tatzin will be in a future issue of Lamorinda Weekly.

Info: <https://lafayettechamber.org/>

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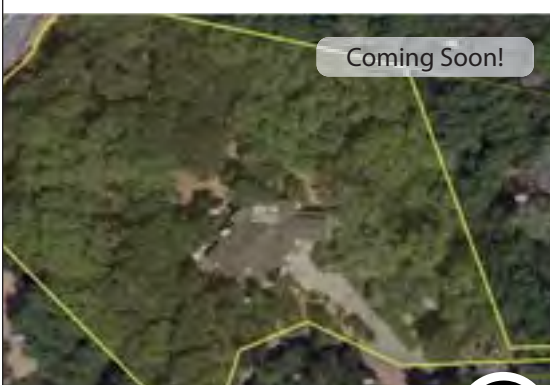
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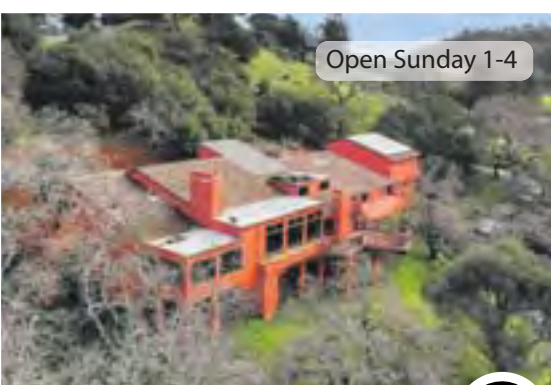
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Sale of Firearms Ordinance passes in Moraga

By Vera Kochan

The Moraga Town Council, with a 4-1 vote, approved an ordinance for the sale of firearms to include only the Limited Commercial Zone. Vice Mayor Kymberleigh Korpus cast the no vote.

Moraga's senior planner, Steve Kowalski, presented the updated version of the ordinance during the Feb. 13 town council meeting. The original ordinance included two Commercial Zones located in the Moraga Center and Rheem Shopping Center, as well as the Limited Commercial Zone located from the 7-Eleven Store north to Rheem Boulevard.

The sales locations were reduced after public concern matched council members' observations during the Jan. 9 meeting, that Moraga Center and Rheem Center were deemed family-friendly zones during business hours of operation.

Anyone wishing to set up shop, according to the new Sale of Firearms Ordinance, in the Limited Commercial Zone must meet many stringent requirements, some of which include providing a floor plan of the proposed business detailing information regarding security provisions for the business. The business owner must also provide proof of compliance with all state and federal laws

regarding licensing, and must provide information pertaining to any and all prior revocations of a license or permit to sell firearms. And, the applicant has to agree to hold the town and its officers, agents and employees harmless against any claims, losses or damages including legal fees due to the applicant's negligence or intentional misconduct. Additionally, the sale of firearms can only be carried on in the building at the street address shown on the permit.

Also noted in the ordinance, the police chief's investigation and issuance of a permit is based on the determination of whether there is no risk to public safety. The

applicant would be required to provide fingerprints, a recent photo, a signed authorization for the release of pertinent records and provide personal history on a detailed questionnaire provided by the police chief or appointee.

Finally, if an applicant passes all of the qualifications and receives a police permit it must be displayed on the store premises. The applicant may not allow any person under 21 years of age to enter or remain on the premises without the accompaniment of a parent or other adult legally responsible for that minor, unless that minor is between the ages of 18 and 21 and meets one or more exemptions listed under Penal

Code section 27510(b)(1) or (b)(2). The applicant also may not deliver a firearm to a purchaser earlier than allowed by state and federal law, and it must be unloaded and securely wrapped or in a locked container.

According to the ordinance, any firearm transactions must be promptly processed and a register of all sales must be kept.

During the public comment portion of the discussion, four residents provided feedback to the council. All were in support of the ordinance, noting the importance of regulating gun dealers.

Moraga under water?



Photo Bob Yost

From left, hip bone of mastodon, scallop shell, lower molar of mastodon compared to a six-inch ruler. Fossils discovered in Bollinger Canyon cliffs.

By Vera Kochan

If you think that your yard suffered water damage during the last rainstorm, try to imagine it completely under water as it was over 15 million years ago.

Prior to that, the area now known as Contra Costa County was under the Pacific Ocean. About 40 million years ago, the land mass to the west of Moraga, the Berkeley Hills, began to rise, bringing out of the sea a range of coastal mountains.

About 30 million years later, the great inland sea began to uplift and drain. At one point in time, Mt. Diablo was an island. Subsequently, the Las Trampas Ridge began to rise and form. In doing so, it

created a basin of water that was left behind while much of it flowed back into the Pacific. This enclosed basin included what is known today as the Moraga/Orinda area.

The basin eventually became a freshwater lake, where to this day geologists can still uncover fossils of shellfish.


According to an article by Moraga historian Gladys Shally, "The oldest known fossils in the Bay Area are microscopic animals, known as radiolaria, and are found in marine deposits." While drilling for an oil well in Lafayette brought up rock specimens rather than oil, the specimens contained radiolaria with an age date "estimated at 40 to 50 million

years old."

Shally continues, "Ancient sediments found in the Burton area, in Bollinger Canyon and Las Trampas Ridge, contain fossils of clams, snails, scallops, sand dollars etc. Even a whale vertebra was found near Rheem."

One of the best fossil beds still lies in the Moraga Bluffs where, due to volcanic action, wave ripples that once lay along the ancient lake's perimeter, have been up-ended to form sandstone cliffs or walls.

So, the next time it rains three inches in 24 hours remember, it could've been worse.

 Town Council Wednesday, Feb 27, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.	Planning Commission Monday, March 4, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.	Design Review Monday, Feb. 25, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.	Moraga School District Board Meetings Tuesday, March 12, 7 p.m. Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga www.moraga.k12.ca.us See also AUHSD meeting page A2
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Moraga Police Department swearing-in ceremony



Photo Vera Kochan

From left: Chief Jon King, Cpl. Russell Douthit, Cpl. William Davis, officer Craig Walker, officer Jeff Yanga, reserve officer Max Juster and police services tech Cathy Ghiselli

... continued from Page A1

One by one, the officers' badges were pinned on them by a family member amidst the lights of camera flashes and applause.

Newly promoted Cpl. Russell Douthit has served the town with honors since 2007 and comes to Moraga after serving with the Concord Police Department.

Also promoted, Cpl. William Davis, who has been in an MPD uniform for 13 years after having once been a deputy district attorney for Contra Costa County.

Officer Jeff Yanga last served with the Broadmoor Police Department, near Daly City, as well as having served as a firefighter for two years, before deciding that his heart lies in police work.

Officer Craig Walker was formerly a deputy sheriff in Mendocino County and served there with King.

Reserve officer Max Juster is excited to follow in his father's footsteps. "It's awesome!" said the Camplindo graduate. "It's what I've always wanted to do."

According to King, new

police services technician Cathy Ghiselli, who was formerly a teacher's aid at Rheem Elementary School, "is the first person people will see when they come to the police station. She's a good representative for us to have."

Officer Yanga's 4-year-old son, Micah, stole the show by arriving to the ceremony in an authentic looking, police officer's uniform right down to the hat and badge. It appears that history will repeat itself about 20 years from now!

Moraga to get new Mobile Moraga work order management system

By Vera Kochan

Want to report a pothole, graffiti or animal control issue? The town of Moraga is taking more steps toward moving into the digital age. A new work order management system, known as Mobile Moraga, is coming to your cell phones.

During the Feb. 13 town council meeting, Parks and Recreation Director Breyana Brandt gave a detailed presentation on the benefits of the new feature by stressing that it would fall under the town's current allocation for this year's IT budget regarding tech efficiency improvements.

The free app's features would allow a user to click

onto whatever issue needs attention by the Public Works Department or the Parks and Recreation Department. Problems such as traffic signal issues, potholes, park or trail concerns, graffiti, street maintenance, animal control, street light outages and more would be reported by the touch of a fingertip.

An additional feature lets the user go one step further to target the exact geo-location of the problem and either upload or download photos for a more detailed explanation of the issue.

Brandt stated, "It allows us to do work more efficiently in town and allows citizens to report non-emergency concerns

to the town on their cell phones."

The new system will allow improvement of staff efficiency and provide civic engagement and transparency by providing the community an easy opportunity to help town staff maintain Moraga. The town would also gain valuable analytical information, data driven decision making and streamlined resource allocation.

While at this point the service would be most relevant to public works and parks and rec, its usage may evolve through time. It would also provide feedback to the reporting resident with periodic notifications that an issue has

been received, when it has been assigned, anticipated resolution dates and completion of work order.

Edric Kwan, Moraga's public works director, plans on "putting all work orders into this system."

Startup costs for the Civic LLC system's three year agreement comes to a pre-budgeted \$18,450, which includes app development, smart devices, data plans, set up of data and analytics valuable to the town for decision making and resource allocation and annual user fee. After three years, the only cost of the system is the annual user fee of \$5,000.

William Carmen, park volunteer and president of the

California Association of Parks and Recreation Commission said, "I worked on the trail maps for the town and would see things at night that needed maintenance." He added, "I've seen a lot of these kinds of apps and this is a good price."

Brandt summarized, "I really believe that the data and analytics obtained from this system will be very valuable to us as staff and very valuable to you (the town council) in making decisions for the future."

The system will be tested by a handful of citizens before the public rollout scheduled for April.

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BART work will cause temporary pain to achieve long-term improvements



Image provided

By Sora O'Doherty

New cars, smoother, safer rides and cleaner, safer stations are some of the improvements BART riders can look forward to in the near future. However, Lamorinda commuters will have to make some sacrifices while BART puts Measure RR money to use updating and improving its rail system. BART Director Rebecca Saltzman made a presentation to the Orinda City Council on Feb. 5 regarding new developments.

Measure RR was adopted by voters in three Bay Area counties in 2016. As the actual work begins, there will be some changes in service, and some workarounds. The most noticeable change will be that trains no longer start running at 4 a.m. but instead will start closer to 5 a.m. This

means that the first train from Orinda to San Francisco will now depart from the Lafayette station at 5:11 a.m. and the Orinda station at 5:15 a.m. The early hour changes are expected to last for about three years.

To accommodate early commuters, BART will be providing an Early Bird Express alternative bus service with 15 new bus lines to run between 3:50 a.m. and 5:30 a.m. in both directions between stops. The service will include a Contra Costa County route. The bus network will serve 21 BART stations and the Temporary Transbay Terminal in San Francisco. There are special provisions for parking at BART stations before they open, and also for paying for parking because in the early morning hours riders will not be able to use their Clipper cards.

The updates will include replacing platform and street escalators in downtown San Francisco and adding new canopies; replacing 10 miles of worn track to make the ride quieter, safer and more reliable; beginning a seismic retrofit of the Transbay Tube and replacing cross-passage doors in the Transbay Tube, which are critical in an evacuation; seismic strengthening of track between Lake Merritt and the Coliseum; realigning trackway in the Caldecott BART Tunnel, needed due to Hayward Fault creep; waterproofing leaking tunnels and structures; Phase 2 expansion of the Hayward maintenance facility, which will serve as the new home of the 775 Fleet of the Future train cars; and new electrical substations in downtown San Francisco, Richmond, Pleasant Hill and Oakland.

Another big improvement will be the replacement of BART's fleet of cars, with 200 new cars to be delivered by the end of 2019. BART is trying to make sure that stations are cleaner, adding 15 new cleaners and nightly deep cleaning of stations. A new focus will be implemented on fare evasion, with more enforcement and higher barriers. For greater safety, BART will be hiring more officers and working on increased visibility. In addition, staff will try to connect homeless persons to services.

BART will be working with the city of Orinda on the ConnectOrinda Streetscape Project. Insofar as increasing housing on BART property goes, Orinda is not affected because new laws governing development on BART-owned property do not affect Orinda since the land is owned by Caltrans, not by BART. However, BART does own the land at the Lafayette BART Station. Another new development is that BART will relaunch its carpool program next May through its new BART app. The program will be open to all carpools, including casual carpooling and rideshare matching. There will be dedicated parking spaces for carpool drivers. A minimum of two people per car will need to check in with the BART app. One passenger will pay for parking, and both passengers must enter the fare gates with Clipper cards. The carpool will be verified through the app and station entry data.

Miramonte students chat with scientists about drugs and alcohol

By Sora O'Doherty

The Miramonte Peer to Peer Club logged in to chat with scientists from the National Institution on Drug Abuse on National Chat Day Jan. 24. In preparation, the students sent a schoolwide email to every Miramonte student asking for

their top two questions on alcohol and other drugs. The club members then prioritized the questions to ask the scientists. Later they will close the circle by distributing the answers received to MHS students and parents.

According to Dr. Nora D. Volkow, NIDA Director, the nar-

tional chat day is an extraordinary event that is a substantial learning opportunity for teachers and students. Each year during its National Drug and Alcohol Facts Week, top scientists from the National Institute on Drug Abuse come together for a day-long live online chat to answer students' questions about drugs and their impact on the teen brain and body. "We have seen thousands of students ask smart, heartfelt, and insightful questions to some of our nation's experts about drugs, drug use, and its effects on the brain and body," she said in a letter to teachers.

The Miramonte teens asked questions about athletics and blood doping, the differences between alcohol and drugs, drug use levels in high school, use of more than one drug at a time, prescription pain killers, and quite a few questions about the effects of marijuana. In addition, they

asked questions about the dangers of vaping and juuling and how to find help for addiction to nicotine.

The scientists' answers included information about the negative effects of both drugs and nicotine on athletic performance, what blood doping is and that it is banned in international sports. Roger Sorensen explained that mixing drugs can lead to fatal consequences. Steve Grant explained the differences between natural and synthetic cannabinoids, warning that synthetic cannabinoids are much stronger and their effects can be unpredictable and dangerous. Roger Little explained how marijuana can remain measurable in the blood for up to 30 days in people who use marijuana regularly.

Facts about alcohol included that alcohol is involved in more deaths around the world each year than all other

drugs combined. According to Aaron White, more than 3 million people die from drinking every year. Cora Lee Wetherington answered a question about teen drinking in Europe, revealing that there is actually more binge drinking among teenagers in most European countries than in the U.S.

Dr. Volkow believes that whether you are registered to participate in the live chat, watching it online, or viewing the archived transcripts, this exercise of seeing real teens' questions about drugs can be a powerful way to help your students gain the knowledge required to make smart and healthy decisions.

The Peer to Peer Club was organized by Jaime Rich, director of ADAPT Lamorinda. The questions were asked by the student members of the Peer-to-Peer club, by Rich and by Debbie Berndt, an adult and a coalition chair.

The complete transcripts from the 2019 Chat Day can be viewed at <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists/search?year=2019>.

Tickets available for Orinda Awards Dinner

By Sora O'Doherty

Each year, the Citizen of the Year award honors very special volunteers who dedicate many hours of their time for the betterment of the community. The annual awards presentation, sponsored by the Orinda Community Foundation and the Orinda Association, will be held on March 10 at the Orinda County Club. The 2019 Citizen of the Year award will be presented to Carole and Andy Amstutz for their long history of community involvement in local organiza-

tions, including the Friends of Wagner Ranch, Orinda Garden Club and Lamorinda Village, a volunteer organization that helps seniors.

The 2019 William Mott Jr. Environmental Award will be presented to Bill Hudson that night as well. This award is presented to a person who is involved in protecting the environment. Hudson has been maintaining the Wagner Ranch Nature Area, which is used as an educational center for students.

In addition, this year two other volunteers will also be

honored: Bobbie Landers and Andy Radlow. Former mayor Landers was instrumental in the incorporation of the city and was a member of the first city council. She continues to be involved with the Orinda/Tabor Sister City Foundation and the Friends of Joaquin Moraga Adobe. Radlow has managed the Fourth of July Parade for the last five years. He coordinates over 100 volunteers and has spent thousands of hours each of those years making the Orinda Fourth of July Parade a successful event.

Tickets are available and can be obtained through the OA website at www.orindaassociation.com.



City Council

Tuesday, March 5, 7 p.m. Regular Meeting
Tuesday, March 19, 7 p.m. Regular Meeting
Library Auditorium, Orinda Library,
26 Orinda Way

Orinda Public Meetings

Planning Commission

Tuesday, Feb. 26, 7 p.m.
Library Auditorium, Orinda Library,
26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, March 13, 6:30 p.m.
Sarge Littlehale Community Room,
22 Orinda Way, Orinda, CA 94563

Orinda Union High School District Board Meetings

Monday, March 11, 6 p.m.

Regular Board Meeting
8 Altarinda Rd., Orinda, www.orindaschools.org
See also AUHSD meeting page A2



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- Inform the public about expenditures of bond proceeds from recently passed Measures E & I.
- Review expenditures to ensure bond proceeds are spent for authorized purposes.
- Provide an annual report to the Board of Trustees at a public meeting.

CBOC Member Terms and Meeting Information

Terms of service are two years, and no CBOC member may serve more than three consecutive terms. CBOC meetings must occur at least once per year and will not exceed quarterly.

Committee Representation

The CBOC will include seven (7) total members:

- Business organization (1)
- Taxpayers organization (1)
- Senior citizens organization (1)
- Parent/guardian of a student enrolled in OUSD (1)
- Parent/guardian of a student enrolled in OUSD who is active in support of the District (1)
- Community at large (2)

More Information

For more information or to request an application, contact Debbie Jamieson at djamieson@orindaschools.org or by phone at (925) 258-6201. **Deadline to apply is 4:30 p.m. on March 4, 2019.**



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Bigbelly is a big success in Orinda



Bigbelly receptacles on Library Plaza

Photo Sora O'Doherty

By Sora O'Doherty

The benefits of switching from 126 traditional trash and recycling receptacles to 45 double Bigbelly receptacles has far exceeded even what was predicted, according to a six-month update given to the Orinda City Council Feb. 5 by

staff and the Northern California Regional Director of Bigbelly, Kevin Schoenthaler. Trash collection frequency has been reduced by 83 percent and Republic Services has confirmed that Orinda is providing a 93 percent clean uncontaminated recycling stream. Todd Trimble, direc-

tor of Parks and Recreation, also confirmed that even where traditional receptacles were removed but not replaced by Bigbelly units, there has been no accumulation of trash.

The Bigbelly system consists of smart, connected waste and recycling stations

that communicate real-time fullness status to collection crews. The number of agencies involved in trash collection has dropped from four to just two: landscaping contractor MCE collects trash and recycling from parks and Republic collects from streets and downtown locations. The system sends notifications each morning at 3 a.m., reporting how full each receptacle is. The city can decide, depending on location, how frequently it would like the bins emptied, when they reach 20, 40, 60 or 80 percent full. The bins also compact the contents, thereby reducing the number of collections required. The units are solar powered, and the system is paid for by the money the city receives from turning in recyclable material.

During the initial period, the bins were frequently emptied before it was necessary, but with fine tuning, by December of last year almost every bin that was emptied was ready, that is to say, it had reached the level of fullness at which the city had determined it should be emptied. From June to January,

119,828 gallons of waste and recycling were contained in the city's Bigbelly system, and the city achieved a 52 percent recycling diversion rate.

Where previously Orinda had 126 traditional bins, their capacity was only 4,410 gallons. The 49 Bigbelly units (four of which have yet to be deployed) provide a total capacity of 11,600 gallons. Where the traditional bins were emptied three to five times per week, the Bigbelly bins average 0.6 times per week per station. This represents major savings, both economically and environmentally. It had been expected that the 1,789 bags that had previously been used per month would be reduced to around 500. In fact, only 198 bags per month have been used. The costs for labor and resources has been reduced from \$52,196 per year to a projected \$11,710 per year.

The remaining Bigbelly receptacles will be placed in Wilder when the remaining play fields and the Art and Garden Center facility construction is complete.

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Public pension plan investment performance continues to lag the financial markets

By Nick Marnell

The portfolios of the organizations that manage the pension plans for Lamorinda public agencies have failed for years to deliver investment returns that match those of a mainstream domestic equity index, putting pressure on the public agencies to make up the investment shortfall out of their local operating budgets.

The Contra Costa County Employees' Retirement Association manages and administers the pension plans for 16 public agencies including the Moraga-Orinda Fire District, the Contra Costa County Fire Protection District and Contra Costa County itself. According to association documents, the CCCERA portfolio market value as of Sept. 30 was \$8.8 billion.

Through the third quarter of 2018 the S&P 500, an index that measures domestic equity performance, had risen 10.2 percent, while CCCERA investments rose 2.6 percent.

The CCCERA investment performance has lagged the S&P 500 not only for those nine months but for all but two years of this decade, and those were the two years that the index grew only 2 percent.

"It's prudence," said Contra Costa County Supervisor Candace Andersen, a CCCERA board member since 2015. "If the market crashed, everyone's investment would tank."

When the market crashed in 2008, investments did tank – including those in the CCCERA portfolio. The market plunged 37 percent in 2008, and CCCERA investments fell 27 percent.

Gail Strohl, CCCERA chief executive officer, explained that CCCERA's portfolio adheres to the strategic objective of making benefit payments to its members, both those being paid today and those that will be paid far into the future. CCCERA addresses its near-term needs – \$430 million in benefits paid in 2017 – by maintaining a portfolio of

short-term assets, and provides growth to fund future benefit payments by maintaining a portfolio of long-term assets. "The CCCERA board has adopted this approach as it is likely to result in a smoother return profile over time," Strohl said.

The long-term return may be smoother, but it still lags the market. The S&P 500 rose 12 percent over the past 10 years, while CCCERA investment performance rose 7.8 percent.

The CCCERA investment results surpass those of the largest pension fund in the country – the California Public Employees' Retirement System, which manages the pension plan for the town of Moraga. According to its 2018 Comprehensive Annual Financial Report, CalPERS reports assets with a market value of \$345 billion, and the agency has achieved a 10-year return of 5.6 percent, less than half the return of the S&P 500. "CalPERS sets our asset allocation to be mindful of returns and risk,

so we can pay pensions for generations," said Megan White, investment operations information officer.

Results reported by the California State Teachers' Retirement System include \$224 billion in assets as of June 30, delivering an annual return of 9 percent against the S&P 500 return of 14 percent.

"Overall, the plan assets have not been managed as carefully as they should be," said Jack Weir, president of the Contra Costa Taxpayers Association, a taxpayer advocacy group. "But neither agency has any real interest in fully funding these plans because the plans are guaranteed by the taxpayers."

The S&P 500 measures equity performance and that inherently makes it a risky benchmark, but time has confirmed its long-term stability. According to historical records, the average annualized total return for the S&P 500 over the past 90 years was 9.8 percent. Investing in riskier assets is not unheard of in pension plans, as the Po-

lice Officers' Retirement System of Fairfax County, Virginia, has committed to an investment in blockchain technology - bitcoin.

An annual return closer to 9.8 percent on pension plan assets would ease the pressure on local public agencies, which must cough up the difference when their pension plan managers fail to achieve investment goals. CCTA officer Jim Pezzaglia warned that cutbacks to local services will ensue as public agencies struggle to afford these higher payments required to fund their retirement plans. Bruce Burns, superintendent of the Moraga School District, said recently that pension contributions have almost doubled in the last five years, and will continue to grow for the near future. He noted that there is no funding stream to support the increase in pension costs.

"People gloss over this because they can't understand it," Pezzaglia said. "It's a subject that we have to resolve."

ConFire welcomes 24 new firefighters



Photo ConFire

By Nick Marnell

With the Contra Costa County Fire Protection District poised to open Lafayette Fire Station 16 in the spring and increase the size of some of its crews from three to four, the district added two dozen new firefighters to its ranks Feb. 14 at the Academy 52 graduation ceremony, the culmination of a grueling 20-week training program under the leadership of Assistant Fire Chief Lon Goetsch.

"You were selected out of over 1,000 candidates," Fire Chief Jeff Carman told the graduates. "Tonight, the 24 of

you told us we made the right decision."

New probationary firefighter Amanda Cross – kneeling, second from left – opened the evening by belting out the national anthem to the standing-room crowd at the Leshner Center in Walnut Creek. She comes from a family of firefighters, including her dad and her brother. "From the time I was little, I could never imagine working at a desk," Cross said. "I am psyched and ready to go!"

The new firefighters joined companies throughout the district beginning the week of Feb. 18.

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

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, March 12, 1:30 p.m.
Board Chamber Room 107,
Administration Building
651 Pine St., Martinez.
For meeting times and agendas, visit www.cccfpd.org



Public Safety

Emergency response:
Emergency: 24 Hours 911
Police Dispatch: 24 Hours 925-284-5010
Nixle: Text your zip code to 888777 or go to www.nixle.com

Lafayette Police Department:

3471 Mt. Diablo Blvd. 925-283-3680
Chief of Police, Ben Alldritt 925-299-3221
Police Department Tip Line 94549Tip@gmail.com
Police Department Traffic Issues 94549Traffic@gmail.com

Moraga Police Department:

329 Rheem Blvd., 925-888-7055
Chief of Police, Jon King ext. 7049

Orinda Police Department:

22 Orinda Way 925-254-6820
Chief of Police, Mark Nagel 925-254-6820
Orindatip@cityoforinda.org

Lafayette Police Department Incident Summary Report Feb. 3 - Feb. 9

Alarms	36
911 Calls (includes hang-ups)	9
Traffic	55
Suspicious Circumstances	4
Suspicious Subject	7
Suspicious Vehicle	14
Service to Citizen	23
Patrol Request/Security Check	9
Vacation House Check	8
Supplemental Report	8
Welfare Check	7

Vehicle violations

Auto Burglary	3500 Block Mt. Diablo Blvd. (2)
	1200 Block Del Arroyo Ct.
Hit And Run Misdemeanor	3900 Block Los Arabis Dr.
	3600 Block Mt. Diablo Blvd.
Reckless Driving	Golden Gate Way/2nd St.
	Pleasant Hill Rd./Stanley Blvd.
	Pleasant Hill Rd./Eb Sr 24
	Mt. Diablo Blvd./Dolores Dr.
	3700 Block Mt. Diablo Blvd.
Traffic Hazard	Taylor Blvd./Pleasant Hill Rd.
Other criminal activity	
Battery	El Nido Ranch Rd./Acalanes Rd.
	3400 Block Mt. Diablo Blvd.
Commercial Burglary	3600 Block Mt. Diablo Blvd. (2)
Grand Theft	3500 Block Brook St.
Identity Theft	900 Block Hough Ave.
	3600 Block Brook St.
	1000 Block 2nd St.
Petty Theft	3400 Block Silver Springs Rd.
	1000 Block Sierra Vista Way
	3600 Block Mt. Diablo Blvd.
	3100 Block Old Tunnel Rd.

Shoplift
3500 Block Mt. Diablo Blvd. (2)
3600 Block Mt. Diablo Blvd.

Threats
1200 Block Upper Happy Valley Rd.

Vandalism
3300 Block Deer Hill Rd.
900 Block Moraga Rd.

Nuisance to the Community

Loud Music
3300 Block Kincheloe Ct.

Public Nuisance
3500 Block Mt. Diablo Blvd.

School Assembly Check
1200 Block Pleasant Hill Rd.
3800 Block Happy Valley Rd.

Other

Harassment
3300 Block Mt. Diablo Blvd.

Ordinance Violation
Ortega Ave./Perales St.

Moraga Police Department Incident Summary Report Jan. 15 - Jan. 27

Alarms	24
911 Calls (includes hang-ups)	11
Traffic	46
Suspicious Circumstances	3
Suspicious Subject	4
Suspicious Vehicle	4
Service to Citizen	32
Patrol Request/Security Check	26
Supplemental Report	11
Welfare Check	2

Vehicle violations

Abandoned Vehicle	Country Club Dr./St. Andrews Dr
	2000 Block Donald Dr.
	10 Block Stewart Ct.
	2000 Block Donald Dr.
DUI Misd	1000 Block Larch Ave.

Excessive Speed
Moraga Rd./Rheem Blvd.
Moraga Way/Canyon Rd.

Reckless Driving
Moraga Way/Miramonte Dr. (2)
Moraga Rd./Buckingham Dr.
Camino Pablo/Canyon Rd.

Traffic Hazard
Ascot Dr./Ascot. Cir
Canyon Rd./Camino Pablo

Traffic Stop
Donald Dr./Moraga Rd.

Vehicle Theft
10 Block Miramonte Dr.

Other criminal activity

Accident Injury
Campolindo High School

Battery
St. Marys College

Fraud Credit Card
Police Department

Fraud False Pretenses
200 Block Calle La Mesa
700 Block Crossbrook Dr.

Grand Theft
Not Available

Petty Theft
Safeway

Residential Burglary
2000 Block Donald Dr.

Shoplift
Safeway

Nuisance to the Community

Disturbing The Peace
2000 Block Blk Ascot Dr.

Harassment
50 Block Miramonte Dr.

Loud Music
20 Block Via Barcelona

Loud Noise
Not Available

Phone Harass
1700 Block Spyglass Ln.

Public Assembly Check
Camino Pablo Elementary
St. Marys College
Los Perales Elementary
School (3)

300 Block Rheem Blvd.
CVS Rheem
Rheem Theater

Public Nuisance
Joseph Dr./San Pablo Ct.
100 Block Shuey Dr.

Other

Mentally Ill Commit
St. Marys College
Campolindo High School

Warrant Service
400 Block Rheem Blvd.



Orinda Police Department Incident Summary Report Jan. 13 - Jan. 26

Alarms	40
911 Calls (includes hang-ups)	4
Traffic	91
Suspicious Circumstances	14
Suspicious Subject	9
Suspicious Vehicle	13
Service to Citizen	47
Patrol Request/Security Check	16
Vacation House Check	12
Supplemental Report	26
Welfare Check	8

Vehicle violations

Auto Burglary
Orinda Country Club
Wells Fargo
60 Block Moraga Way
Moraga Way/Hall Dr.

DUI Misd
Safeway
20 Block Tara Rd.

Hit And Run Misdemeanor
10 Block Camino Encinas
100 Block Brookwood Rd.

Reckless Driving
San Pablo Dam Rd./Wildcat Canyon Rd.
Bear Creek Rd./San Pablo Dam Rd.
Moraga Way/Glorietta Blvd. (3)
Camino Pablo/North Ln.

Other criminal activity

Fraud Credit Card
10 Block Keith Dr.

Grand Theft From Vehicle
10 Block Vallecito Ln.

Identity Theft
10 Block Dolores Way

Petty Theft From Vehicle
Wilder Sports Fields
Police Department

Possession of stolen Product
St. Stephens Dr./Tahos Rd.,

Shoplift
Beverages And More

Threats (2)
10 Block Dolores Way

Violation Dom. Violence Order
Police Department

Violation Restraining Order
10 Block Mira Loma

Warrant Arrest
Camino Pablo/Wb Sr 24

Nuisance to the Community

Disturbance-Domestic
200 Block Crest View Dr.

Intoxicated Subject
Theatre Square

Loud Noise
Honey Hill Rd./Via Las Cruces

Public Assembly Check
CVS (2)

Public Nuisance
50 Block Via Farallon
Overhill Rd./Highland Ct.
30 Block Hillcrest Dr.
Sally Ann Rd./Glorietta Blvd.
Amber Valley Dr./
Singingwood Ln.
10 Block Orinda Way

School Assembly Check
Del Rey Elementary School

Vandalism
Orinda Country Club

Vandalism - Felony
BevMo Orinda

Other

Accident Property
Tara Rd./Overhill Rd.
200 Block Village Gate Rd.
Camino Pablo/Eb Sr 24

Ordinance Violation
Evergreen Dr./Tarabrook Dr.



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Fire Station 43 on track, temporary station not cooperating



FS 43 days before paving completed

Photo Nick Marnell

By Nick Marnell

It wouldn't be the Moraga-Orinda Fire District Station 43 project without some degree of drama, but this episode has nothing to do with the new building; its construction has proceeded swimmingly through the rainy winter. The adjacent temporary structure, though, was closed down for an environmental review and an industrial cleaning after more than a dozen Station 43 personnel took sick in December and January.

Purchased in July 2016 for \$3,000 from the Carmel Fire Department, the temporary station was expected to house firefighters for at most 18 months, but those plans went out the window after two Station 43 contractors did not work out. (The principals of the second contractor, Federal Solutions Group of San Ramon, were charged in November with conspiracy, money laundering and insurance fraud by the Contra Costa County district attorney.)

An early sign of trouble with the temporary structure occurred in 2018 when work was done to repair floors that were "spongy," according to Capt. Mark McCullah, MOFD firefighters union representative. From late December into January, according to district records, 13 Station 43 personnel got sick, sick enough that the district recorded eight days of leave.

Fire Chief Dave Winnacker closed the station on Jan. 29. "The number of people who got sick motivated us to close it down," Winnacker said.

Crews were reassigned to Fire Station 45 in Orinda Village, which according to Google Maps lies 2.5 miles from Station 43. Records supplied by the district show that Engine 43 responded to 78 calls out of Station 45 between Jan. 29 and Feb. 14, with 10 of the calls in Station 43's first due area.

The temporary station, actually a mobile home, underwent testing for contaminants Feb. 6 by EMLab P&K, and results came back negative. Central Valley Environmental began a major, industrial-type cleanup the following week, with project manager Braydon Stout confirming that no mold, lead or asbestos had to be removed from the structure. The temporary station was scheduled to be reoccupied the week of Feb. 18.

"The chief took all the necessary steps to bring the station to safe, working order," McCullah said.

New Fire Station 43 experienced no major issues through the early winter, just a few minor complications mostly attributed to the rain. "Everything has been addressed," Winnacker said, as the rebuilt station progresses toward its April grand opening.

Fire Station 16 on track, oak tree cooperating



Fire Station 16 about two months away

Photo courtesy ConFire

By Nick Marnell

The construction-unfriendly weather has only minimally impacted the projected opening date for Lafayette Fire Station 16, scheduled to be completed and occupied early this spring.

"If you want to break a drought, build a fire station," Fire Chief Jeff Carman told his Contra Costa County Fire Protection District board of directors Feb. 12. The roof has been placed on the building and the framing is complete, and though mud up to three feet high sloshed around parts of

the building site during the heavy rains of January and February, ConFire Assistant Chief Aaron McAlister assured residents and future occupants that the building is water-tight.

The HVAC, electrical and plumbing systems have been roughed in, but Carman said it's been a bit slow securing utility services. Next up is the finishing of the windows and exterior surfaces. Sheetrock is expected to arrive late in February, and McAlister said that the stucco work will begin shortly afterward.

Work on the interior finish will follow, and the last items

on the checklist include paving and landscaping. "The building should be substantially complete by late March and potentially occupied in April," Carman said. McAlister confirmed that the heritage oak tree in front of the station has not caused any problems, and it appears that the building and tree will coexist peaceably.

Twenty-four recruits graduated from the district's Academy 52 on Feb. 14, and these new firefighters will allow ConFire to place Engine 16 into service and fully staff Fire Station 16.

Early Morning Robbery at Moraga Center CVS

By Vera Kochan

It was a quiet Presidents Day holiday Feb. 18 in the Moraga Center until 6:59 a.m. when a screeching of tires followed by a store alarm signaled a break-in at the CVS Pharmacy located at 1480 Moraga Rd.

A witness spotted a truck pull open one of the phar-

macy doors with a chain attached to the door handle.

According to Moraga Police Department Lt. Brian South, "The truck was stolen in Moraga. The multiple suspects were trying to steal the ATM machine inside. They were unsuccessful, but the machine suffered damage." CVS had no monetary loss,

however it is unclear whether anything else was taken at this time.

South confirmed, "The stolen vehicle was recovered on Sanders Drive. We are currently going through video surveillance and traffic cam footage to collect more information."

Packed opening night For the Love of Art

... continued from Page A1

The crowd was also treated to a performance by local singer/songwriter Laura Zucker and to an Art Moves Project performance that included an interpretative dancer moving amongst them and an installation room titled "Encased." AMP is a public art initiative founded by Lafayette residents Yukie Fujimoto, Christy Mack and Lissa Resnick focused on bringing art and movement out of traditional venues to unexpected spaces.

"The dancer added a layer

and made it just so cool," says Perlmutter, explaining that she aims to push up against the norm. "The question is, what is art? Why does it matter?"

"For the last five years I've been bridging culture, commerce and community in my flagship gallery. People here are thirsty for art and creative connection," says Perlmutter. "Now even more people get to experience the strong creative culture in Contra Costa County. It's nothing short of exciting."

The gallery is open to the public 11 a.m. till 6 p.m. Wednesdays through Sundays.



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Letters to the editor

In support of cows

I am replying to the article about "The question of cows" by John T. Miller. I am grateful that he wrote about cows grazing in open land. He was pretty articulate. The benefits are many, the drawbacks are few. The statement about interference with oak tree regeneration can be easily dismissed in this area. Take a look at the photos of Briones Park and the grasslands of this area from the 1930s or 1950s and now. You can easily see that the oaks have regenerated and filled in many areas.

I feel sorry for the people who grew up in the bigger cities and have never had the opportunity to be around farm animals and wild animals. Perhaps it is time they grow into that wisdom by learning how to be around cows and other animals. Who might like to take on such a project? It is better to develop creative solutions than to whine. I would challenge

someone to go for the opportunity!!

Mary Anne Anderson
Orinda

Community Comments on Changes to Downtown Orinda

I write to correct the reporting of my comments at the January 29 ConnectOrinda Workshop. I did not say that bikes should be allowed access to the existing concrete overpass over the exit from westbound Highway 24 to Camino Pablo. Bikes already have such access.

What I stated was that the existing bike-pedestrian overpass should be designated as a bike route, and that Camino Pablo under Highway 24 and BART should no longer be designated as a bike route. This would encourage bike riders to use the overpass and would moot their concerns that the Camino Pablo underpass is dangerous. It is a better solution than converting one lane of Camino Pablo southbound to a bike lane, which would not only

inconvenience many thousands of drivers to benefit a handful of bicyclists, but would also seriously hinder evacuation in the event of a wild fire, as we learned from the Paradise fire.

The existing overpass could also be designated a bike "dismount zone" to avoid pedestrian-bike conflicts, at least at peak weekday times. Such zones are not uncommon in congested areas, including many college campuses.

The City has a contractual obligation with Caltrans that the City would maintain the overpass. It has not done so. When asked to explain the failure, Planning Director Buckley stated he did not know why it has not been made a priority, even though he is one of the people responsible. Public Works Director Theis, whose responsibility this is, has instead focused on other matters.

Lack of funds is not an excuse. The City has funds, but chooses to spend them elsewhere. Moreover, the City could have applied for TDA Article 3 funding, but has failed to do so.

Nick Waranoff
Orinda

A comment about Council Member Candell

I read with increasing dismay the recent legal correspondence regarding the proposed Terraces of Lafayette development (www.lovelafayette.org/city-hall/quick-links/hot-topics/terraces-of-lafayette/terraces-2018-documents) excerpted below.

"Councilmember Candell cannot credibly claim to be anything other than a resolute Project opponent, and she thus cannot represent the city in any capacity regarding the ongoing processing of the Project, whether in a noticed public meeting, closed session, or otherwise, including in any meetings or communications with City staff or her future Council

colleagues. Moreover, once recused, she cannot even resume her role as a private citizen Project opponent."

Councilmember Candell can factually claim to be Lafayette voters' choice - by a wide margin - for her current (not future) seat on our City Council. She can further claim to be a resolute proponent of our City's General Plan and zoning, which govern land use decisions throughout the City for on behalf of all residents and businesses; and she can claim the protection of the First Amendment to express her opinions freely, the same as everybody else. This applicant's ongoing effort to bully Councilmember Candell out of doing her job for the voters of Lafayette is outrageous; this new contention that the specialness of "The Project" somehow supersedes the US Constitution, is preposterous.

At no time in the long and fractious history of "The Project" has anyone approved 315 new apartments for that site near the intersection of Pleasant Hill Road and Hwy 24. Traffic and pollution problems were so obvious in 2013 that even the applicant proposed the 44 Homes as an alternative. By 2018 those concerns had grown to the extent that Lafayette voters soundly quashed the Homes in the Measure L referendum, despite (or because of) the applicant's extravagantly funded Yes-on-L campaign at that time. That intersection is now more congested than ever, and costs the many Lafayetteans who live off Pleasant Hill Road on either side and commute by car, a huge bite out of their morning and night, every working day.

Basic common sense will tell you that the current proposal - to exacerbate that misery with 315 apartments right there - will never square with sound land use planning, and will never fly with Lafayette voters. The site's current zoning allows 14 homes, thus giving Councilmember Candell and every other Lafayette voter who drives a car, 301 eminently logical fact-based unbiased reasons to oppose "The Project" as proposed. Other applicants bring zoning-conformant development proposals before our City Council all the time, and get them approved; new construction is booming in Lafayette. Perhaps the Terraces applicants should consider that alternative to win Ms. Candell's support fairly, before smearing her as "biased."

Most troubling of all is the deafening silence of the Council in response to this applicant's ongoing attack on Ms. Candell. Teams worthy of the name protect their rookies. Lafayette voters have said loud and clear that they support Ms. Candell and oppose overdevelopment at Deer Hill. For the rest of our Council to acquiesce meekly in the attempted gagging of Ms. Candell, by this applicant with a long history of bad behavior behind a fundamentally bad idea, traduces your responsibility to one another, to the City and the voters. I implore you again to pass a resolution affirming that each of you will decide the Terraces project, fairly and on its merits, in whatever form it comes back before you next, and that none of you will recuse.

Cathy Beier
Lafayette

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



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Applications Sought for Government Oversight Program

Submitted by Anne Granlund

Contra Costa County Superior Court is accepting applications for Civil Grand Jury service for the fiscal year 2019-20. Nineteen members will be selected and serve for one year, July through June, to monitor, review and report on city and county governments as well as special districts and school districts.

Once selected and sworn in, jurors will attend a two-week training session to meet key members of local government and learn their functions. They organize into committees to investigate local government agencies, research topical materials, interview county executives and their staff, gather facts, and issue written reports with recommendations that will benefit the citizens of Contra Costa County. This unique and powerful system of government oversight was established in the California Constitution in 1849 and applies to each of the 58 counties.

As a Grand Juror you will:

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- Write about the facts, findings and recommendations developed as a result of research, investigations, and reports

· Develop strong working relationships with fellow jurors'

· Know that your ideas can 'make things happen'

Other issues to consider:

· Jurors receive a stipend for their service, plus mileage reimbursement, and a parking permit.

· Having a working knowledge of Microsoft Word and Excel is a plus.

· Be prepared to spend three days a week in committee meetings and perform some work at home.

· Confidentiality is imperative and information cannot be discussed with anyone including family members.

· Investigations and in-house jury activities are also strictly confidential.

· Jurors must be a United States citizen, 18 years of age or older and have been a resident of the County for at least one year prior to selection.

Persons interested in applying may contact the Office of the Civil Grand Jury at (925) 608-2621. Applications are available online (<http://www.cc-courts.org/civil/grand-jury.aspx>) and at your local library. The deadline to submit an application is March 22.



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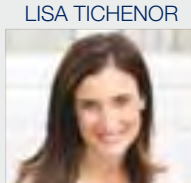


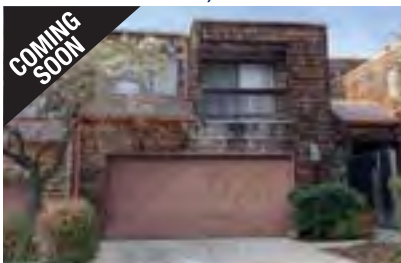




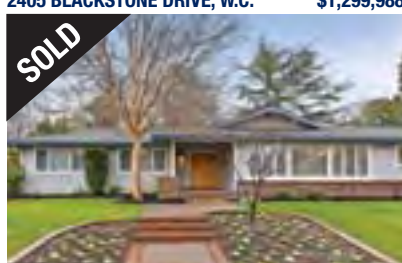












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~ Life in LAMORINDA ~

SEED foundation opens eyes, offers support to special needs kids



Photos provided

By Diane Claytor

Picture it: a classroom of third-graders, all wearing socks on their hands and trying to button a shirt, lace a shoe or open a piece of candy. Or fourth-graders cutting paper with their nondominant hand, feeling discouraged performing what seems to be a laborious exercise.

Diverse Ability Awareness, a program brought to Lafayette schools by SEED, the Special Education Enrichment Development Foundation, is designed to teach the students what it's like to have fine motor difficulties. "The kids experience the frustration special needs children often feel, as well as the sense of accomplishment when the task is completed," explains SEED co-president Elsa Troy-Slovik. "They cheer enthusiastically when there is success. It's the most powerful way to develop empathy."

This is only one of many outstanding programs sponsored by SEED, a nonprofit organization benefiting diverse learners in the Lafayette School District. A community foundation run by volunteers, SEED works in collaboration with the school district, providing funding and programs both inside and outside the classroom. "Our primary goal is to help make a difference by providing support and resources to families of children with special and diverse learning needs, as well as offering training programs, materials and funding for the educators who work with these children," states Cathy Kauder, SEED board member.

According to Troy-Slovik, approximately 10 percent of students nationwide qualify for an individualized education program. The special needs classification is very broad; it includes learning disabilities and difficulties, emotional and physical disabilities, attention deficit hyperactivity disorder and autism, among others. Families with children experiencing any of these special needs often feel isolated, confused, or disillusioned with what's available to them and their children.

SEED was formed in 2006 by a small group of Lafayette parents searching to increase

support and services for families whose children have special learning needs. When the organization began, its attention was on early intervention through eighth-grade students; as children have aged, the need to continue the program has become apparent. Consequently, SEED High School began recently, focusing on the requirements of special needs students in the Acalanes Union High School District.

In addition to the Diverse Ability Awareness program, which is also offered to adults, SEED has a selection of supportive, educational and fun programs available to special needs children and their families throughout the community. While SEED's bylaws state that in-school activities are limited to Lafayette schools, parent programs are open to anyone — and with an active database of approximately 800 names, these programs attract people from throughout the area. "Families with special needs kids are looking for resources and a supportive community," Kauder notes. And with SEED, they've found it.

For parents, there is a free monthly breakfast, which is an excellent way for parents of special needs children to meet others in the same boat and share ideas, thoughts, resources and concerns; there are movie nights, where a meaningful documentary is screened and followed by a discussion; parent educational programs ("our lives were changed by the Positive Parenthood behavioral class ... the leaders understand the unique challenges that special needs families face..." wrote a recent attendee); a SEED book club, featuring Lafayette mom and author Laura Shumaker discussing her book, "A Regular Guy: Growing Up with Autism," is meeting on Feb. 28. There is an annual fundraising auction and dinner (this year on May 18) and regular parent forums, all designed to educate families and offer them support and opportunities to socialize with their peers.

Among the most popular of SEED's programs are the communitywide events. "Our children are often isolated ... they're frequently bystanders,

sive, accessible birthday parties, complete with entertainment, birthday cake, games and a treasure chest filled with trinkets. They can invite their friends from school, their siblings come ... just like any birthday party." The next one is scheduled at the Mor-

aga Commons' All Access Playground on Saturday, March 16.

"What SEED does is really broad," Troy-Slovik says. "It feels so good to know we're not alone ... to have our concerns heard and to know we have each other."

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Lafayette resident pens memoir after tragedy strikes



Photo provided

From left: Stephani Reilly, Tony Low, Casey Sasner, Cathy Sereno, Leslie Hagel in the back, and author Francie Low at book signing event on Feb. 2 at Papillon Coffee & Tea in Lafayette.

By Kara Navolio

July 31, 2010 started off a normal day for Lafayette residents Francie and Tony Low. He was working in the morning then going out for a training ride. Francie left the house about 30 minutes after her husband to run errands. Then she got a call on her way out; the caller ID said Tony was calling, and she assumed he had a flat tire on his bike and needed her to pick him up.

But it wasn't her husband on the other end of the phone; it was her friend Damon, a local firefighter. He happened to be called to the scene of an accident, and as soon as he saw the custom bike, he knew it was Tony's. "Meet him at the hospital," he told Francie.

"I knew he was alive, but I didn't know what else," Francie recalled. It turned out that Tony, hit by an SUV on Danville Boulevard, had nine broken ribs, three cracked vertebrae, a punctured lung, a separated shoulder, a concussion and a lacerated eyelid. He spent 12 days in the hospital and 15 months rehabilitating. During this time Francie, who was already a lifestyle blogger, kept a blog to keep friends and family updated on Tony's progress and her thoughts as she went through the ordeal.

"The whole community swooped in, brought meals, drove the boys around, mowed the lawn, everything.

It's really hard to let people help, but you learn quickly that it's the only way you get through it. I call all these people angels."

People often asked her how she got through this tragedy. "I decided to write about our experience, hoping to help others," explained Francie. It took two and half years, many lattes at Papillon Gourmet Coffee and Tea in Lafayette, and the support of her writing group to turn her blog into a manuscript. In December "Alive and Fixable: A Road to Love and Recovery" was released. "The title came from sitting in the ER, not knowing what was wrong with my husband, and I thought, 'Well, he's alive. I know that.' Then I got the list of awful injuries and thought, 'Well, he's fixable.' And it went from there." Francie found professional editors and designers on Reedsy.com as well as the book cover artist. She was honored that Andy Bridge agreed to design the book cover. He also designed the book cover for "The Life of Pi" by Yann Martel. Francie said, "The cover is beautiful. Andy has a background in cycling, so he was a perfect match."

Papillon hosted a book signing event on Feb. 2 where approximately 75 people came in to purchase and/or have the author sign their copy. Mark Hennigh, a Lafayette resident who stopped in for a cappuccino,

sat down and started reading the book. "I was drawn in immediately," he said. Another man came in to meet Tony and Francie and share his own cycling story with someone who would understand. The former cyclist was not as lucky as Tony and now needs a wheelchair. Both Tony and Francie were humbled by the connection the book had with others.

Francie stated, "I am so grateful to Brenda and Tom (Oum) for inviting me to host my first book signing here (at Papillon)." She donated 10 percent of the sales that day to Brenda's favorite charity, Cambodian Orphanage Fund.

The book can be found at Orinda Books or through online booksellers. Contact Francie for book clubs or speaking events at: Francie@francielow.com.



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Local schools offer parent education on vaping and juuling

By Sora O'Doherty

A special program to educate parents about vaping and juuling is being offered jointly by the Acalanes Union, Lafayette, Moraga and Orinda Union school districts. Parents are invited to join an interactive discussion with local school leaders from 6 to 7:30 p.m. Wednesday, Feb. 27 in the Miramonte High School Performing Arts Center. The program is entitled, "Having courageous conversations with your child in an age of accessibility." As the event is open to parents from multiple school districts, attendance is by reservation only as space will be limited.

The city of Lafayette is currently considering adopting an ordinance prohibiting the sale of flavored tobacco products, which are available in such child-friendly flavors as "cotton candy." The U.S. Food and Drug Administration is considering how new regulations can fight what FDA Commissioner Scott Gottlieb, on Feb. 11 called "an epidemic-level rise in youth e-cigarette use," which, he says, "is threatening the progress we've made toward reducing youth tobacco use."

Gottlieb stated that "[a]ccording to the data released today, approximately 4.9 million middle and high school students were current

users (used in the past 30 days) of some type of tobacco product in 2018, up from 3.6 million in 2017. This increase is driven by an alarming surge in e-cigarette use. More than 3.6 million middle and high school students were current (past 30 day) e-cigarette users in 2018, a dramatic increase of more than 1.5 million students in one year." In his statement, Gottlieb notes that "the study authors suggest - as the FDA also noted at the time of the initial release of this data in the fall - that the rise in e-cigarette use in the last year is likely due to the recent popularity of certain types of e-cigarettes, such as JUUL."

"The signs that we're seeing are not encouraging," he concluded. "They point to continued growth in youth use of these products. No child should be using any tobacco or nicotine-containing product." Gottlieb addressed the conflict between making anti-smoking products available to adults, but trying to prevent youth use. "The FDA has repeatedly affirmed our collective view that e-cigarettes may have promise as a tool for helping currently addicted adult smokers quit smoking. But, with the staggering data on youth trends, we're struggling to preserve these opportunities for adults while addressing the youth epidemic. I simply won't allow their sale

to come at the expense of addicting a generation of kids to nicotine."

In addition to other regulatory approaches, Gottlieb announced that as one part of the youth e-cigarette prevention campaign, the FDA has "joined forces with Scholastic to expand distribution of youth e-cigarette prevention posters to every public and private high school in the U.S. and released new resources for doctors, youth groups, churches, state and local public health agencies, and others on the dangers of youth e-cigarette use. Additionally, our work with Scholastic to provide educators with resources to help them engage with students about e-cigarette use has helped reach more than 2.7 million students so far."

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The foundation's foundation

By Cathy Dausman

Ellen Long has devoted a lifetime to serving her family and community. She's been a preschool teacher and teacher's aide, but she devoted heart and soul – and 34 years of her life – to Rescue One Foundation.

Rescue One Foundation (established 1977) is a non-profit philanthropic organization supporting the Moraga-Orinda Fire District through its purchases of advanced life-saving equipment and supplies not otherwise available through the district's regular budget. Past foundation donations include automated external defibrillators for fire, police and community, CPR training equipment and a Lucas chest compression system, a Stryker power load ambulance cot and an unmanned

aerial vehicle for search and rescue.

Long admits she is "embarrassed about the fuss" her stepping down has caused; she reluctantly agreed to an interview only after realizing it might focus attention anew on Rescue One.

Rescue One President Gordon Nathan calls Long "quiet and unassuming," but her service years as vice president, secretary, treasurer and current historian tell a different story. Nathan first met Long when his children attended Mulberry Tree Nursery School, where Long taught. "She is a tireless worker and selfless person who loves her community," he said.

Long counters she is simply one of 11 board members whose numbers include businessmen and women, a doctor and a judge. Although its

members may hold different opinions, Long says the group can always reach a consensus.

Long's story may sound familiar to many Lamorindans. She was raised in San Francisco, attended UC Berkeley, met her husband when he was in law school and started a family. After nine years in Castro Valley the family moved to Moraga. The town was "not booming yet" when the Longs bought their home in 1969. Long joined the Moraga Service League in 1970 and learned about the half hour ambulance wait a member's badly injured husband endured. This precipitated fundraising \$10,000 for a rescue vehicle destined for what was then the Moraga Fire Protection District. Long recalls volunteers, herself included, from many service organizations going door to door to solicit one dollar.

MOFD retired Division Chief Darrell Lee was a young firefighter/paramedic during the 1980s when he met the iconic "Miss Ellie," Lee says

Long baked apple pies for all three station shifts. "I don't remember how long she did this, but it was at least 15 years," he said. "She made me one of her pies when I was a captain at Station 41. I assisted their family off-duty and she asked how she could return the favor. I asked, 'How about the famous baked apple pie?' She didn't hesitate," he said. "She was like a mom to the crews always asking about their families," Lee added.

When it came time for business and Lee was requesting equipment, "Ellen would usu-



Ellen Long

Photo Cathy Dausman

ally look me in the eye and ask if this was something we really needed."

With a "yes" from Lee, Long promised "you have my vote." Long's favorite foundation event has always been the semiannual foundation-sponsored MOFD Open House held in Moraga in the spring and Orinda in the fall, and the abundance of and enthusiasm of children attendees.

"They're so excited, and so willing to get involved," she said.

Long says she feels bad about retiring, but insists the foundation needs "some

young blood." Asked to create a job description for her replacement, Long lists someone who is enthusiastic, interested in the fire service, willing to commit to a worthwhile cause, has computer literacy and is able to attend evening meetings.

"When Ellen joined the Rescue One board in 1985, we knew we had another community loving, active member," Nathan said. "The entire board is sad to see her leave, but we all offer our best wishes for a well-deserved retirement."

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Value by Design: Meeting the interests of the artistic student

By Elizabeth LaScala, PhD

A big obstacle for a student who wishes to study the arts is the widely held belief that a degree in the visual and performing arts will not lead to "real" employment. In fact, just the opposite is true. One need only witness the emergence of iPods, "green fashion," sustainability design, iPhones and Nintendo Switch Systems to see that proponents of the "Creative Economy" have made some pretty accurate predictions. The look, feel and eco-friendliness of a product, as well as its social and cultural adaptability, are often as important to consumers as what it does. And, as has been the case throughout history, art is a shared experience and thriving cultural centers mean thriving communities.

To produce such products, teamwork between individuals with different backgrounds, such as engineering and graphic design, contributes to what makes an arts-based degree marketable. For the committed student an arts-based education is often quite rewarding, both in terms of employment as well as job satisfaction.

The VPA niche in college

admissions is an area that few students, parents and high school counselors know how to navigate. Artistic-minded students and their families must learn how to research and select the right college fit and prepare for the rigors of completing an arts-based college application. Here are some critical guidelines:

1) Art and design schools offer majors in the visual arts (painting, sculpture, photography, among others) and also design (architecture, graphics design, fashion design, product design) film and animation and combinations with computer science (game design, virtual reality, user-experience design); many schools offer interesting combinations, like creative writing and business or graphics design and environmental sciences.

2) Art and design schools require college-prep academics and weak grades sink applications as they would at any other college. Many schools, including Art Center College of Design (Calif.), Parsons-The New School for Design (N.Y.) and Ringling College of Art and Design (Fla.) are test optional. Some require applicants to choose a major and others, like Savannah College of Art and Design (Ga.), allow students to wait until their sophomore year.

3) Many VPA schools require a portfolio that students submit to showcase their talents. A portfolio is a "visual interview" and pieces are viewed on a computer screen through SlideRoom, a package used by applicants and reviewers. Presentation is as important as the work itself. Poor presentations hurt applicants like grammar and spelling errors do on admissions essays. Students who want to get early, personalized feedback from an admissions rep should Google and make it a point to attend a National Portfolio Day, held several times each year from September through January in major U.S. cities.

4) More selective schools often require or recommend an artist's statement to explain and support the portfolio; this admissions compo-

nent should be taken quite seriously. Two schools, Parsons-The New School for Design (N.Y.) and Rhode Island School of Design, have other requirements, such as asking the applicant to apply an idea or concept to several assigned pieces, often with a supporting essay.

5) The student who seeks an art degree must pay great attention to extracurricular activities. By the end of sophomore year, a student should be involved in institutes, weekend classes, online courses, camps, workshops, performances and festivals, internships and part-time jobs in an arts environment like a museum, if possible. These experiences reveal possible career paths and play an essential role in portfolio preparation or audition.

An excellent way for students and parents to get to know VPA colleges is attending the National Association of College Admission Counselors' VPA college fair, held each year in October (visit www.nacacnet.org).



Elizabeth LaScala, PhD personally guides each student through each step of selecting and applying to well-matched schools for undergraduate and graduate school study. Over the past two decades, Elizabeth has placed hundreds of students in some of the most prestigious colleges and universities in the U.S. The number of clients taken is limited to ensure each applicant has personalized attention. Contact Elizabeth early in the process to make a difference in your outcomes. Write elizabeth@doingcollege.com; Visit www.doingcollege.com; or Call: 925.385.0562.

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Elizabeth LaScala, PhD has over a decade of graduate and professional school admissions expertise. She guides qualified individuals to apply successfully to the most prestigious schools in the US and abroad. Dr. LaScala personally guides each applicant through all writing components, including a strong statement of purpose, activity descriptions, secondaries and supplements. Elizabeth networks with a team of professional consultants in the sciences, engineering, humanities, medicine, business, and law to ensure each applicant has the most up to date information on trends in their field of interest.

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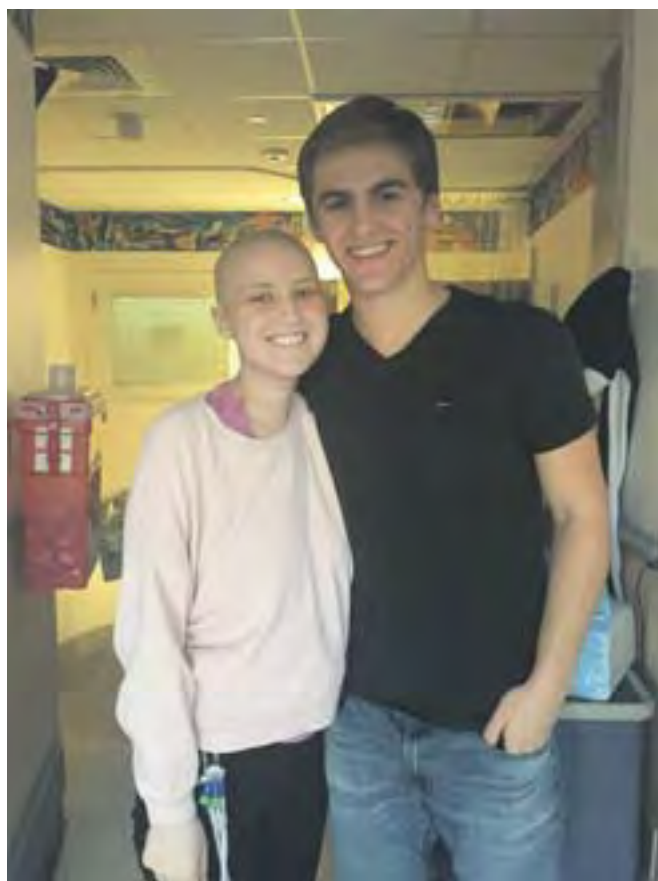
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Campo alumna raises childhood cancer awareness as St. Baldrick's ambassador



Brooke Vittimberga



Brooke and her brother, Jack Photos courtesy Brooke Vittimberga

By Vera Kochan

Brooke Vittimberga, 23, from Moraga, was chosen by the St. Baldrick's Foundation as one of its five 2019 Ambassadors, picked to represent kids diagnosed with cancer. The main qualification for being an ambassador is having survived childhood cancer yourself.

St. Baldrick's was founded in 1999 by three financially successful individuals who wanted to give back to society. They decided to raise funds by shaving their heads and donating the proceeds toward childhood cancer research. The foundation's name (a play on words) was chosen to honor individuals who selflessly shaved their heads in solidarity with the children going through cancer treatment and its effects on hair loss. St. Baldrick's has grown to be the largest private fund giver of childhood cancer research grants.

According to the St. Baldrick's website, "More children are lost to cancer in the U.S. than any other disease - in fact, more than any other childhood diseases combined. Before they turn 20, about 1 in 285 children in the U.S. will have cancer. Worldwide, a child is diagnosed every two minutes." Additionally, "In the 1950's, almost all kids diagnosed with cancer died. Because of research, today about 90 percent of kids with the most common type of cancer (acute lymphoblastic leukemia) will live. But for many other types, progress has been limited, and for some kids there is still little hope for a cure."

Vittimberga was diagnosed with PH+acute myeloid leukemia in 2015, at the age of 19. Following chemotherapy, and thanks to a bone marrow transplant from her then 16-year-old brother, Jack, Vittimberga's cancer is in remission, but it came with a price. She is immune-compromised, infertile and has permanent hair loss as a result of the cancer treatment.

Now a premed student at Stanford University, Vittimberga is still on many daily medications and does two full days of treatment every month. "I have struggled immensely since my transplant and have had to take two medical leaves of absence from school," she said. "This is all to treat Graft vs. Host Disease, a side effect of my transplant that has caused severe problems in almost every organ of my body, including my gut, mouth, skin, eyes and liver. I also went into kidney failure in December 2017 - we never really figured out why, but it was likely related to GVHD."

The cancer diagnosis and GVHD was, and still is, very difficult for her parents. "They feel helpless, because they can't fix it for me," Vittim-

berga said, "but they do what they can. Mom helps with my meds." In addition to her brother Jack, now 20, she has an older sister, Casey, 25, and younger sister Ava, who is a junior in high school.

Even before her life-changing cancer diagnosis, Vittimberga had an interest in medicine. "I actually did research at Stanford the summer before 12th grade through a program called SIMR." She also spent a summer doing research at Memorial Sloan Kettering Cancer Center. "I do research in pediatric oncology here at Stanford and I'm currently working on my honors thesis," she said.

Vittimberga said she's not sure what she plans to specialize in yet. "I was accepted to medical school at Mount Sinai's Icahn School of Medicine through their early acceptance program called Flexmed in 2017, so fortunately I don't have to worry about that. I want to take time to explore every aspect of medicine from the doctor side. I have initial interests in hospice and palliative care, as comfort and dignity are so important throughout illness." She added, "I could also see myself working in an ICU or specializing in a subfield such as cardiology or pulmonology or, of course, oncology. Regardless of the specialty, right now I think I will probably do pediatrics."

While she still experiences pain on a daily basis, Vittimberga says that she's coping with it. She has noticed progress for the better from her struggles with GVHD and wants potential bone marrow donors to know that the experience for the donor is not as horrific as it's made out to be on TV or in the movies. Her brother had no ill effects and was excited to be a part of her "new birthday" celebration - Sept. 24, 2015, the day of her bone marrow transplant procedure.

Vittimberga was chosen to be a St. Baldrick's Foundation 2019 Ambassador because of her outreach work in the childhood cancer community. She started a blog after her 2015 cancer diagnosis (AM-Letc.com) and later wrote a blog post for St. Baldrick's: www.stbaldricks.org/blog/post/a-survivor-speaks-dont-find-my-silver-linings-for-me. She's also written for other publications including Stanford Magazine and Stanford Med School's SCOPE blog <https://amletc.com/published-works/> and her favorite: <https://medium.com/stanford-magazine/i-didnt-beat-cancer-my-doctors-did-ec6c3a92d426>.

As an ambassador, she even finds the time to appear at speaking engagements. "St. Baldrick's is very accommodating and always works with my health and schedule." She modestly says, "I just put one

foot in front of the other and make it work." As if all of this wasn't enough, Vittimberga has raised over \$13,000 dedicated toward young adult survivorship issues. "It is very impor-

tant to me that we are not just cured, but also have a good quality of life afterward." Her goal was to start a Hero Fund. In order to qualify, Vittimberga had to raise \$10,000. Now that she has surpassed that goal, she is in the process of setting up the fund.

When she does find any spare moments she likes to simply hang out with her friends. Vittimberga admits that it was difficult to see her college peers graduate before her, but has resigned herself to complete her goals in life - one day at a time.

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Acalanes DAR scholarships awarded to local high school seniors



Submitted by Louise
Diracles

Local high school seniors earned scholarships from the Acalanes Chapter of the Daughters of the American Revolution (DAR) on Feb. 2 at Moraga Valley Presbyterian Church. School counselors chose these accomplished students for their service, leadership and patriotism. Each winner received a scholarship check, a flag that was flown in her or his honor over the capitol and a certificate signed by U.S. Rep. Mark DeSaulnier.

Recipients read their essays entitled, "Our American Heritage and Our Responsibility for Preserving It. What

new challenges will America face as we move forward into the future?" Independent judges chose Caroline Francois' essay as the chapter winner. Participants, their families, guests and DAR members were treated to tea and sweets. In addition to Claire Sebree (Campolindo), Caroline Francois (Las Lomas), and Dara Kazmierowski (Miramonte), other winners who were not able to attend the ceremony included: Cali Boustani (Acalanes), Ryan Park (Bentley), and Anneke Padmos (Contra Costa Christian). The event was co-chaired by Susan McGill and Betsy Morris. Regent Nancy Boren presided over the celebration of these fine young citizens.

Photo provided

From left: Claire Sebree (Campolindo), Caroline Francois (Las Lomas), and Dara Kazmierowski (Miramonte).

Orinda Troop 237 Honors New Eagle Scouts



Photo provided

Troop 237 Eagle Scouts, from left: Jackson Painter, Marcus O'Neill, Will Barber, Campbell Hoskins, and Max Coons.

Submitted by Lisa Hoskins

Boy Scout Troop 237 of Orinda announced that Will Barber, Max Coons, Campbell Hoskins, Marcus O'Neill, and Jackson Painter have achieved Scouting's highest rank of Eagle Scout and will celebrate their Eagle Court of Honor at 2 p.m. Sunday, Feb. 24 at the Orinda Community Church. All five Eagle Scouts live in Orinda and attend Miramonte High School.

To become an Eagle, the candidate must earn a minimum of 21 merit badges, including 13 Eagle-required badges, demonstrate leadership and scout spirit, and successfully complete an Eagle service project benefiting the community.

When Barber heard that the Miramonte High School administration was seeking to enhance outdoor seating available for its students, he decided to build two beautiful redwood benches and cement them into the ground. With the help of fellow Troop 23 Scouts, Barber designed, built and placed the benches. According to the school, the benches provide Miramonte students a nice, peaceful place to sit and relax ... now and for many years to come.

Coon's project benefited Glorietta Elementary School where he attended K-fifth grade. Coons along with other 237 Scouts created an area for kids who attend the before/after school program to access a new storage shed by building a retaining wall and digging a new pathway to the shed. He also upgraded the existing pathway from school to the upper parking lot and planted native plants along the walkway, which he has been weeding and watering since his project was completed last summer.

Hoskins and fellow Scouts built a large wooden sign for Miramonte

Baseball. Hoskins developed his love for baseball at age 4 and was honored to find a project benefiting something meaningful to him. As an MHS baseball player, Hoskins noticed it was unclear how to enter the baseball field, which is off to the side of the main football/track area. The sign is 9 feet wide, 12 feet high, set 4 feet deep and features est. 1955 and the M logo. Hoskins hopes his project pays homage to the 65-year tradition of Mats Baseball and his passion for the sport of baseball.

O'Neill's Eagle Project is designed to be sustainable within Troop 237. O'Neill and his fellow Scouts built a mobile bookshelf for Wilson Elementary School in Richmond for students in great need for books to read at home. The bookshelf is a "loaning library" so the students may bring a book to donate and choose a book for home. In addition, O'Neill and his fellow Scouts and classmates donated over 1,000 books. He hopes to continue leading one drive per year through Troop 237 to keep the shelf at Wilson Elementary School stocked for its students.

The Garden of Learning at St. Perpetua Catholic School in Lafayette is a treasured resource built to enhance classroom curriculum by fostering a sense of wonder for all things in nature. While a student at St. Perpetua, Jackson Painter frequently noticed the garden's fence was battered, allowing predatory animals to wreak havoc on the garden and posing a safety issue for students during recess. With a team of Scouts, St. Perpetua students, church members, and friends, Painter removed the existing fence and built a 115-foot long, 8-foot high fence that now protects the treasured produce, farm animals and most importantly, students.

Troop 219 honors 10 Eagle Scouts



Photo provided

First row, from left: Mike Winther, Cal Hunter, Sam Hagel, Mac Follmer, Michael Brewer; back row: Kris Roos, Bradley Sides, Reed Watson, Ben Clark, and Sam Higgins.

Submitted by Tyler Higgins

Lafayette Boy Scout Troop 219 will honor 10 young men who have achieved the Eagle Scout award, the highest rank in the Boy Scouts of America, at 2 p.m. on March 23 at Moraga Valley Presbyterian Church. From 2010 to 2018, Troop 219 was led by Scoutmaster Tyler Higgins, who earned his Eagle in Troop 219 in 1982. Last June, Chris Hunter assumed the role of Scoutmaster of Troop 219.

"Troop 219 has developed a solid curriculum of activities to teach boys outdoor skills and leadership. Our Scouts actively lead our events, and this supplements what they learn through academics and sports," said Hunter.

As part of earning their Eagle rank, the following service projects were completed by each Scout:

Michael Brewer refurbished the Petar Jokovina trailhead where it meets Sessions Road in Lafayette, where he cleared the trail entrance of brush and debris, widened the trail and installed new steps at the base of the trail; Ben Clark refurbished three balance beam blocks and built three additional balance beam blocks and one work bench for Lafayette Nursery School; Mac Follmer created and ran the first annual swim meet hosted by Orinda Aquatics with the East Bay Sea Serpents for developing and disabled swimmers with the goal to promote understanding of youth swimmers of all abilities, and looks forward to running the swim meet again next year; Sam Hagel built five Little Free Libraries placed in Lafayette elementary schools to promote literacy and reuse within the community, with the motto

"Take a book, leave a book"; Sam Higgins designed, built and installed owl nesting boxes at the Lafayette Reservoir. As part of his Eagle service project, Higgins is working to earn the Hornaday Badge – Scouting's highest conservation award; Cal Hunter installed a walkway and stairs for students from Burton Valley Elementary and Merriewood Children's Center to access the garden on the hill above the schools; Kris Roos built three flagstone paths, installed four "pick up and drop off zone only" signs to ensure the safe arrival of children and designed and implemented a new trail standard for the identification of native species - all at the Lafayette Community Center; Bradley Sides built and delivered 20 corn hole game boards to Afghanistan for schools without playground equipment and refugee camps where thousands of young children live so as to bring a little joy to their otherwise very difficult lives; Reed Watson installed 10 trailhead markers around Lafayette after identifying the need and presenting his plan to the City; and Mike Winther constructed an employment boutique and collected donations for Shelter, Inc, a homeless shelter in Pittsburg.

To attain the rank of Eagle Scout, a Scout must earn his way up the scouting ranks from Tenderfoot to Life Scout. As a Life Scout, he must be active in the troop for at least six months, earn at least 21 merit badges, serve in a Leadership position, show Scout Spirit, and plan, develop and offer leadership to others in an approved Eagle service project helpful to any religious institution, school, nonprofit organization or the community.

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Duck confit with caramelized shallot sauce a superb winter dish



Duck confit

Photo Susie Iventosch

By Susie Iventosch

During college, I spent a summer session at the Sorbonne in Paris and fell in love with France, the French and especially French cuisine. On the rare occasion that my best friend and I could afford such a meal on our slender student budgets, (we normally grabbed a crepe at the street stand — also delicious), we managed to try both duck confit and boeuf bourguignon during our stay. There really is nothing like a slow cooked French meal filling the air with all sorts of fabulous aromas! While I've made beef bourguignon over the years, I had yet to attempt duck confit until this year. Although I was slightly intimidated, it is much easier than I ever expected, but it does take some time to prepare and to cook the duck. And it's kind of fun going to the local butcher to order the meat.

As I put in my order for five duck hindquarters (leg and thigh attached) the butcher laughed and said, "How is that poor duck going to get around on just one leg?" It was hilarious, until my husband went to pick up the duck I'd ordered, and came home with not five, but nine hindquarters! I am still not sure how all that translated in butcher lingo, but after making my first batch, I was so happy to have extra duck on hand for the next time. This recipe is delicious, and though the sausage is normally an accompaniment to duck confit in a different French dish called cassoulet, I added tarragon chicken sausage to the recipe in order to start the shallot sauce, and it was perfect. If you can't find tarragon chicken sausage, chicken-apple,

turkey or pork sausage would accompany the duck beautifully. Cassoulet is a typical French dish made with duck confit, sausage, pork ragu and white beans. Maybe we'll visit that recipe in another issue.

The term "confit" comes from the French verb "confire" which literally means "to preserve." The original idea of the dish was to salt-cure the meat and then cook it in its own fat, which allowed the meat to be preserved for several months when completely submerged in the fat. The fat, once congealed, acts as a barrier to protect the meat from any further bacteria. This was necessary before the days of refrigeration. Though you may wish to store your duck confit in the refrigerator for a second meal, nowadays, we can easily obtain duck, duck fat and begin the process anew whenever we desire. The primary reason to confit duck these days is because it tastes divine and the meat is "fall off the bone" tender.

Duck fat can be stored and reused. There are said to be many uses for it in everyday cooking, such as roasting potatoes or vegetables in it, including it in salad dressing, or even tossing it on popcorn. I haven't reused the fat yet, nor have I attempted rendering my own, but you certainly can and I will sooner or later. There are a couple of links in the information box below on how to do that, but you can usually find duck fat in the freezer section of most grocers, which is so easy. The one I've used is Fabrique Delices and it's also available online. There are several brands available if you aren't interested in doing that process at home.

Duck confit

(Serves 4)

For duck:

- 4 Pekin or Long Island duck hindquarters (legs and thighs attached)
- 4 cloves garlic, minced
- 2 large shallots, peeled and sliced
- 2 tablespoons pink Himalayan salt, or sea salt
- 1 teaspoon black pepper
- 8 sprigs fresh thyme
- 4 springs fresh rosemary, plus 1 tablespoon snipped into small pieces
- 4 bay leaves
- 10 ounces (give or take) duck fat (I used store-bought duck fat, so I didn't have to render my own)

The initial preparation for the duck must be done at least 24 hours prior to cooking. Mix the garlic, salt, pepper and snipped rosemary and rub on both the top and bottom of the duck quarters. Place half of the shallots and half the thyme springs on the bottom of a glass dish. Now place the duck in a single layer on top of the shallots and thyme. Place remaining shallots and thyme on top of duck. Tuck bay leaves and rosemary sprigs in and around duck. Cover tightly and refrigerate 24 hours prior to cooking.

When ready to cook duck, rinse the meat in cold water to eliminate most of the salt, herbs and shallots and pat dry with paper towels. This step is very important, otherwise the meat will be much too salty. Tuck tightly in a single layer into a deep casserole dish. Melt duck fat in a saucepan, and once melted, pour over and all around duck. Bake in 225 F oven for 2 hours. Turn up heat to 325 F, and cover loosely with foil. Continue cooking for about 30 minutes. Meat should be tender and fall off the bone.

To serve, slice sausage and add to sauce. Heat sauce over medium heat until hot. Plate duck quarters and spoon sauce and whole shallots over each serving.

For sauce:

- 4 uncooked sausages (I used chicken-tarragon)
- 3 tablespoons olive oil
- 2-3 garlic cloves, minced
- 2 large shallots, sliced
- 12 small shallots (about the size of large garlic cloves) peeled and kept whole
- 2 teaspoons fresh thyme leaves
- 1 teaspoon fresh rosemary, minced
- ½ cup white wine
- 1 cup duck or chicken stock (I used 1 tablespoon "More Than Gourmet" Roasted Duck and Chicken Stock paste plus one cup of water)
- 1 tablespoon unsalted butter

In a large cast iron skillet, heat 2 tablespoons oil, add whole sausages and brown, turning several times. When just cooked, remove from pan and wrap in foil. Set aside.

In the same pan, add remaining oil, sliced and whole shallots, garlic and herbs, and cook until shallots begin to caramelize. You want the whole shallots to be golden-brown. Add more oil as needed. Once the shallots are browned, add wine and cook until reduced in half. Add duck or chicken stock and continue to simmer over low heat until slightly thickened and reduced to about half. Add butter and stir until melted. Remove from heat and set aside until ready to serve.



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.

How to render your own duck fat: <https://www.saveur.com/article/Recipes/Rendered-Duck-Fat> or <https://www.dartagnan.com/how-to-render-duck-fat.html>
 If you can't find duck fat at your local market try these sites: <https://tinyurl.com/y5rmxmnu> or <https://tinyurl.com/y4ktx3bu>
http://fabriquedelices.com/wmm_product/rendered-duck-fat-small/
 To buy More than Gourmet Roasted Duck and Chicken Stock: <https://www.morethangourmet.com/poultry-stocks-and-sauces-classic-roasted-duck-and-chicken-stock>

Young artists display work at Orinda Library



Photos Kara Navolio

Moraga art teachers Larysa Larson and Moose Wesler, and Moraga Superintendent Bruce Burns attended the Arts Ambassadors opening with Moraga students proudly showing their work.

By Kara Navolio

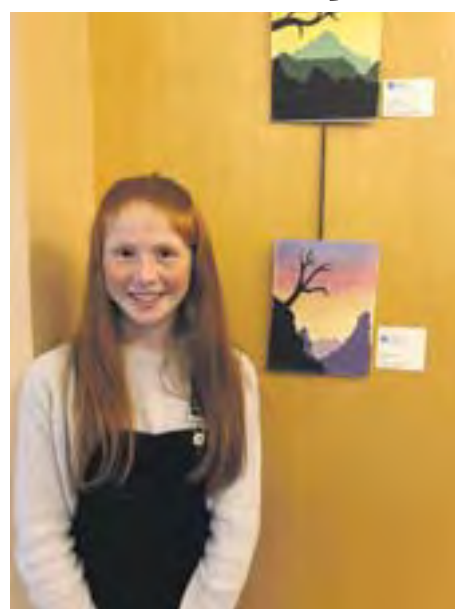
For many of the Moraga and Lafayette young artists, the first time they experienced showing their art in a gallery setting was during the first two weeks of February.

For the second year, the Lamorinda Arts Council hosted the Lafayette and Moraga Arts Ambassadors at the Orinda Library Art Gallery. Over 100 public school children, whose works were chosen for their excellent use of the art skills taught, had the opportunity to see their work displayed and shared with the community Feb. 3-13 at the gallery. As Rachel Levine, a fourth-grader at Los Perales Elementary School, stated of her pastel drawing inspired by the work of Georgia O'Keefe, "I worked really hard on it,

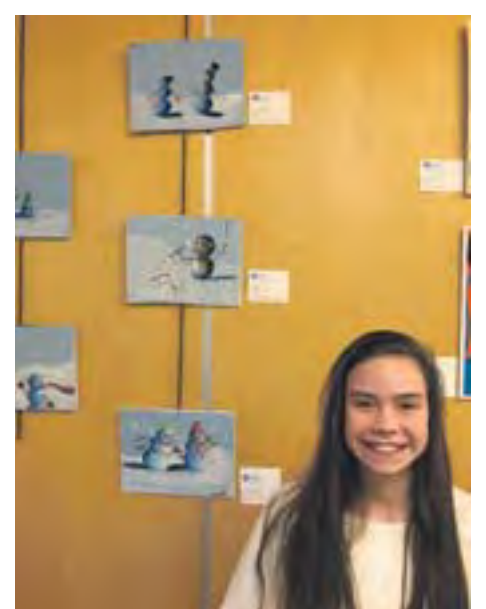
and now it's worth it to see it here."

Jake Pineda, a third-grader from Camino Pablo, had two pieces chosen by art teacher Larysa Larson and was happy to share his work with his family and community members who attended the opening reception on Feb. 4. Larson chose the art from the three Moraga elementary schools on a blind basis, with no artist names revealed until after the works had been selected. Joaquin Moraga Intermediate School art teacher Moose Wesler chose the pieces to be shown from the middle school.

"It's an amazing opportunity to highlight student art work," stated Moraga School District Superintendent Bruce Burns. "This is a desirable space with a long waiting list, so to dedicate it to student art is phenomenal."



Lily Jones, Stanley Middle School eighth-grader, shows her piece using layered paper and pastels to show atmospheric perspective.



Julia Olegar, a Stanley Middle School student, hopes to continue taking art in high school.

Robert Anke, Stanley Middle School art teacher, selected the works by Lafayette sixth- through eighth-graders, and parent volunteer Karen Moe of Lafayette Partners in Education hung about 50 pieces by artists from the middle school. Eighth-grader Julia Olegar said, "I like expressing myself with art. It's like a mirror of your personality." Her whimsical piece, a pastel drawing of a snowman lifting weights, showed her mastery of shading and blending and proper use of a light source.

Next on tap for the Lamorinda Arts Council is the annual High School Visual Arts Competition running Feb. 14 to March 14 in the same space at the Orinda Library. Organizer Denise Nomura explained that a panel of nine judges will award cash prizes totaling up to \$2,400 to many high school students.



Jake Pineda, a Camino Pablo third-grader, shows his work of sea life on an orange background.

Not to be missed Not to be missed Not to be missed

ART

The Moraga Art Gallery presents its new show, "A Sense of Place" running through March 16. Wenda Pymán's latest exhibit of beguiling landscape photographs kicks off the new year at the Moraga Art Gallery. Calling to mind the camera work of Ansel Adams and Eliot Porter, Wenda captures the luminous and timeless splendor of places like Mt. Diablo, Morro Bay, SF's Baker Beach, and the Florida Keys. For more information, visit www.moragaart-gallery.com or call (925) 376-5407.

Valley Art Gallery presents "Celebrating 70," a new exhibition for its 70th Anniversary running through March 15, 1661 Botelho Drive, Suite 110, Walnut Creek. www.valleyart-gallery.org; (925) 935-4311

Clerestory presents Movement of Colors: Music Inspired by Art and Artists from 8 to 9:30 p.m. on Saturday, Feb. 23 at David

Brower Center, 2150 Allston Way, Berkeley. Immerse yourself in the world of art, sculpture, and invention during our winter concert, Movement of Colors. Cost: \$5-30. For more info see https://www.eventbrite.com/e/movement-of-colors-tickets-49925162505 or email info@clerestory.org.

Saint Mary's College Museum of Art (SMC | MoA) is pleased to present two Spring Exhibitions, "Foad Satterfield: THINGS KNOWN" and "David Otis Johnson: NOCTAMBULANT." These exhibitions open with a free public reception from 7 to 8:30 p.m. on Thursday, Feb. 28 and continue through June 9. For more information on programs and events, please visit www.stmarys-ca.edu/museum.

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 runs through March 2. www.jenniferperlmuttergallery.com

MUSIC

Temple Isaiah's Cantor Leigh Korn presents "Coming Together: Songs of Unity and Community" featuring a stellar cast of cantors from across the country at 7 p.m. on Thursday, Feb. 21 in the Temple Isaiah Sanctuary. Tickets are \$36. Doors open at 6:30 p.m. Purchase tickets at https://templeisaiah.org or (925) 283-8575. Campolindo Symphonic Band Winter Concert at 7:30 p.m. Thursday, Feb. 21 in the Campo Performing Arts Center. Enjoy an evening of wide-ranging music performed by talented students for your listening pleasure.

Bryan Baker conducts Beethoven's Mass in C, featuring the combined choirs of the Unitarian Universalist Churches of

Berkeley and San Francisco, along with the Kensington Symphony Orchestra at 7:30 p.m. on March 2 at Unitarian Universalist Church of Berkeley, 1 Lawson Road, Kensington. Tickets: \$15 to \$20. (510) 525-0302, http://www.uuch.org.

Drum, Relax and Learn at the monthly Lamorinda Drum Circle from 11:30 a.m. to 12:30 p.m. on Monday, March 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. http://www.MusicForTherapy.com

East Bay treble choir, WomenSing, is hosting an event to celebrate International Women's Day at 8 p.m. on March 8 that will include a screening of the acclaimed documentary "Little Stones," a concert, and reception. The audience will have an opportunity to

meet members of WomenSing at a reception after the performance. The event will take place at the Del Valle Theatre, 1963 Tice Valley Blvd, Walnut Creek. Tickets: \$10 youth; \$30 general, lesherartscenter.showare.com/LittleStones

Cantare Con Vivo presents Messa da Requiem at 7:30 p.m. on March 16 at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., Walnut Creek. The Cantare Chorale, 120 fabulous singers strong, will join with soloists and full orchestra to present one of the pinnacles of Western Art, Verdi's Requiem. This historical text has been assembled over several hundreds of years and remains relevant today in its addressing personal loss, hope, grief, joy, sorrow, mercy and acceptance. Tickets available online, by phone, or at the door: General \$38, Senior \$33, Student \$10. www.cantareconvivo.org; (510) 836-0789.

Gold Coast Chamber Players performances W.A.M. at 7:30 p.m. on March 16 at the Lafayette Library Community Hall. There will be a pre-concert talk at 7 p.m. Tickets: \$45 General, \$40 Senior (65+), \$15 Student. Purchase online: www.gc-players.org; By phone: (925) 283-3728.

Pacific Chamber Orchestra, under the direction of Conductor Lawrence Kohl, performs Schubert's Octet, Ravel's Introduction and Allegro, and Francaix's Dixtuor, at 7:30 p.m. on Saturday, March 23 in the Community Hall at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd., Lafayette. Tickets may be purchased for "Schubert - The Sublime" online at www.pacificchamberorchestra.org.

THEATER

"Wilder than Wild: Fire, Forests and the Future," a one-hour documentary, will play at 7:30 p.m. on Tuesday, March 12 at the Town Hall Theatre on School Street in Lafayette. Sponsored by Sustainable Lafayette, the movie reveals how fuel build-up and climate change have exposed Western wildlands to large, high intensity wildfires, while greenhouse gases released from these fires contribute to global warming. This vicious cycle jeopardizes our forests and affects us all with extreme weather and more wildfires, some of which are now entering highly populated wildland-urban areas. General tickets are \$10 and are available via www.sustainablelafayette.org.

Diablo Ballet celebrates its 25th Anniversary with a world premiere fairytale ballet, Once Upon a Time at 6:30 p.m. on March 22 and 2 and 8 p.m. on March 23 at the Leshar Center for the Arts, 1601 Civic Drive, Walnut Creek. Join Diablo Ballet on this fairytale adventure where you will meet Little Red Riding Hood, Cinderella, Alice in Wonderland, Sleeping Beauty, Jack and the Beanstalk, Snow White and more. Children in attendance are invited to dress up as their favorite fairytale character and stay and meet the dancers after the performances. Single tickets are \$15-\$50. For tickets, call (925) 943-SHOW (7469) or visit www.lesherartscenter.org. For more information, visit www.diabloballet.org.

Town Hall Theatre Company presents "Brooklyn Bridge" by Melissa James Gibson, directed by M. Graham Smith 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.

... continued on next Page

Lamorinda's Religious Services

ST. MONICA CATHOLIC CHURCH

1001 CAMINO PABLO, 925-376-6900 WWW.STMONICAMORAGA.COM

Mass Times: Daily Mass Monday - Friday 9:00 am Saturday - Confessions 3:30 - 4:30 pm / Vigil Mass 5:00 PM Sunday - Masses at 7:30, 9:00 and 11:00 am



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

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

St. Anselm's Episcopal Church

A Loving Community

Sunday Services: 8 and 10 AM

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

ORINDA CHRISTIAN SCIENCE CHURCH

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

Sunday Service and Sunday School 10 - 11 am Informal Wednesday Meeting 7:30 - 8:30 pm ReadingRoom/Bookstore M - F 11 - 4; Sat. 10 - 12 www.christianscienceorinda.org

JOIN US FOR WORSHIP

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Sundays, 9:30 am & 5 pm



10 Moraga Valley Lane www.mvpctoday.org 925.376.4800



Lafayette United Methodist Church

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

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ST. PERPETUA CATHOLIC COMMUNITY

celebrating our faith • enriching our community • sharing our gifts

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Masses Saturdays at 5:00 p.m. Sundays at 8:00 a.m., 9:30 a.m. 11:30 a.m. School for TK - 8th grade Faith Formation for children and adults

3454 Hamlin Road | Lafayette | stperpetua.org 925.283.0272 Parish | 925.284.1640 School



Sunday Sacrament Service at 10AM

Scripture Study & Youth Programs

Everyone welcome!

3776 Via Granada, Moraga

Holy Shepherd Lutheran Church 433 Moraga Way, Orinda, 254-3422 www.holyshepherd.org



9:30 a.m. CONGREGATIONAL WORSHIP 10:30 a.m. Coffee Fellowship in the Center for Ministry

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



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Sunday Service 10:45 am



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9:30am Contemplative Service

11:30am Celebratory Service * Watch Online

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1871 Geary Rd, Walnut Creek

unityofwalnutcreek.org

Academy Awards gala and exhibit, 'An Affair to Remember,' at Orinda Theatre



Submitted by Derek Zemrak

Put on your most elegant attire and join in the dazzling fun at an "Affair to Remember," the Oscar Night Gala at the Orinda Theatre in Orinda. Black-tie and glamorous gowns are encouraged.

Hollywood historian and collector, Barry Barsamian, is joining producers Derek Zemrak, Leonard Pirkle and their crew at the vintage 1940's the-

ater to display an amazing collection of stunning Hollywood Star wardrobes. For the first time in 10 years, Barsamian's Hollywood Legends Collection will be displayed at the theater for one night only in honor of Oscar's Big Night, at 4 p.m. Sunday, Feb. 24. The party is expected to run until 11 p.m.

The premiere exhibition from the collection of Barsamian includes costumes and personal wardrobe items belonging to Elizabeth Taylor, Audrey Hepburn, Shirley Temple Black (her gown from her 1984 Academy Awards Show appearance), Marilyn Monroe, Joan Crawford and Grace Kelly, just to name a few.

Barsamian first began collecting Hollywood memorabilia at age 12 when he visited Beverly Hills with his family. One Saturday, he rang Lucille

Ball's doorbell, then Milton Berle's and then Doris Day's. Day was at home and Barsamian heard her tell the assistant to give him an autographed photo from the desk drawer. That's what started it all. His passion grew and so did his collection, along with his friendships with some of Hollywood's greatest legends, stars and Academy Award winners - Shirley Temple Black, Jane Russell, Joan Fontaine, Margaret O'Brien and Mickey Rooney. (Barsamian's cousin is actor Mike Connors of "Mannix" fame.)

On Oscar night, Barsamian will speak briefly about his collection and personal relationships with amazing stars as he shares insightful anecdotes.

Info and tickets: <http://lamorindatheatres.com>

Not to be missed

LECTURE & LITERATURE

Start Your Year Off Right: Be The Best You Can Be, a free lecture with Lauren Masi, PT, DPT, OCS, ATC., 7 p.m. on Monday, Feb. 26, at Lafayette Physical Therapy, 3468 Mt. Diablo Blvd. Suite B110 in Lafayette. This is a free event, but space is limited, so please sign up at lafayettept.com/events.

Saint Mary's College MFA Creative Writing presents its Graduate Student Reading from 7:45 p.m. to 9 p.m. on Wednesday, Feb. 27 in De La Salle Hall: Hagerty Lounge, 1928 Saint Mary's Road, Moraga. Curated and hosted by a committee of graduate students, the Graduate Student Reading Series showcases the dynamic and welcoming arts community here at Saint Mary's College. All readings are free and open to the public.

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.

Contra Costa Camp and School Fair from 11 a.m. to 2 p.m. on Sunday, Feb. 24 at Acalanes High School, with free activities and over 100 exhibitors allowing attendees to view a smorgasbord of camps, enrichment programs, schools, S.T.E.M. and S.T.E.A.M. programs, performing arts, preschools, cooking, educational, sports and other programs available this spring and summer. Admission is free and there is ample free parking. Call (925) 408-4014 or visit www.ContraCostaCampFair.com for more information or to register for a free family ticket.

The 2019 Bookmark Contest sponsored by the Friends of the Lafayette Library and Learning Center will be open to all Lafayette students grades K-8th to enter their original artwork. The entry forms will be available beginning Feb. 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.

Not to be missed

1-1 or visit www.earnitkeepitsaveit.org.

First Friday Forum presents a cutting edge topic for its guests at 1:30 p.m. on March 1 in the Sanctuary of Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Jim Marggraff will speak on "Artificial Intelligence, Augmented Reality, Virtual Reality." If you've wondered what these terms are all about Marggraff is the person to explain. He worked as a Director in Google's Virtual and Augmented Reality division, following the sale of Eyefluence, a company founded by him, to Google in 2016. Refreshments will be served at 1 p.m. For further information call LOPC at (925) 283-8722.

Orinda Books presents Chef Charlie Cooks Parisian Springtime in Paris - luncheon and cooking demonstration (featuring Frisee Salad, White Bean Stew & Tarte aux Noix) at 11:30 a.m. on March 6. \$35. To register, call (925) 254-7606.

In partnership with the California Public Utilities Commission, MCE will hold an upcoming workshop from 6 to 8 p.m. on March 7 at 2300 Clayton Rd Suite 1150, Concord to learn about General Order 156. Commonly referred to as "Utility Supplier Diversity," this CPUC program encourages California investor-owned utilities to provide a fair proportion of total utility contracts and subcontracts to businesses that meet diversity qualifications. This program is open to women, minority, disabled veteran, and LGBT-owned firms representing at least 51% of the business ownership. MCE is hosting an informative workshop with guest speakers from the CPUC and the Supplier Diversity Clearinghouse. Together, we will speak to the purpose of this program, certification qualifications, and the contracting opportunities available through the Clearinghouse. Refreshments will be served and parking will be validated. Seating is limited, so please RSVP by Feb. 28 at certifyamplify.eventbrite.com

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. Say Something Workshop: How to Help a Friend or Family Member Living with Domestic Violence at 10:30 a.m. on March 23 at St. Mark's United Methodist Church, 451 Moraga Way, Orinda. Every year more

Service Clubs Announcements

Lafayette Rotary Club

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

<p>February 21: Karen Ginn, Ph.D Verdix Jury Consulting, Inc.</p>	<p>February 28: Michael and Gina Dawson PG&E Pipeline safety/ Proposed removal of Trees in Lafayette</p>
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www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-CA

Breakfast, Friday 7:00 a.m.
The Lafayette Park Hotel & Spa,
3287 Mt. Diablo Blvd., Lafayette, CA
www.lamorindasunrise.com

MARCH MEETINGS

1: Lisa Monroe, PG&E marketing & Energy Specialist with PG&E sponsored Energy Savings Assistance Program, "No Cash weatherizing" program

8: Paul Ginberg, Author and California Executive, in pursuit of the world's 100 best restaurants

15: John Der Dulk, Jeopardy Champion

22: Candace Anderson, County Supervisor

29: Member Expose', Rory Stansbury, Rotary HOME Team Lead

Not to be missed

GARDEN

than 10 million women and men are physically abused by an intimate partner in the United States. Come learn how to listen, talk and take action when someone you care about is being abused. Facilitated by Rev. Michele Robbins, an ordained pastor with a background in Family Relations. Her workshops focus on understanding the cycle of violence, types of power, abuser tactics, and how to talk with victims, including avoiding pitfalls and words that help. More info: shalompastor3@gmail.com.

SENIORS

Cooking: Eggs, Eggs and More Eggs by Byron Park Dining Services Team from 2 to 4 p.m. on March 14 at Byron Park, 1700 Tice Valley Blvd., Walnut Creek. In this demonstration-style class, you will be guided in the many ways the humble yet versatile egg can be prepared - from basic to complex, scrambled to soufflé! You will enjoy samples of the dishes and be given the recipes so you may recreate them at home. Space is limited; these classes fill up quickly. Please arrive early to allow time for parking. Cost: \$10. RSVP to Lafayette Senior Services by Monday, March 11: Seniors@LoveLafayette.org or 284-5050.

The Moraga Garden Club will hold its next meeting at 9:30 a.m., Feb. 21, at the Holy Trinity Church, 1700 School Street, Moraga. The guest speaker will be Keith Silva, UC Master Gardener, who will be discussing "Pruning Tools and Techniques." The event is free and open to all interested parties. Refreshments will be served. For more information, visit moragagardenclub.com.

Walnut Creek Garden Club's March meeting will begin at 10:30 a.m. on March 11, at Heather Farm, 1540 Marchbanks Road in Walnut Creek. The featured speaker, Liz Emmonds, will demonstrate how easy it is to manipulate plant materials to create interesting forms to take flower arrangements to a new and exciting level. Please email mslitte44@gmail.com with any questions.

The Montelindo Garden Club March meeting will begin at 9:30 a.m. on March 15 at the Lafayette Library and Learning Center's Community Hall. Presentation: Chelsea Flower Show. Speaker: Barbara Norkus, who is an anglophile who has attended the world famous Chelsea Flower Show many times. She will share her music video from the 2016 show.

Please submit: Events:
calendar@lamorindaweekly.com

Lamorinda Weekly

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Award-winning pianist featured in free solo piano concert at SMC



Bobby Mitchell

Photo provided

Submitted by Vicki Nakamura

Bobby Mitchell is an American pianist whose interests are embedded in the here and now of music as performance art, as well as the more standard classical repertoire of centuries past. He is a frequent performer of new and rarely heard works, and his interests lie mainly with the contemporary music canon and combining these works with the standard repertoire in an illuminating fashion. This young award-winning American international con-

cert pianist, recording artist, composer, author and teacher will perform a free solo piano concert at 3 p.m. Sunday, March 31, at the Saint Mary's College Chapel.

Known as an instrumentalist "who is not afraid to cross the traditional boundaries of programming and performance practice," Mitchell is active as a solo and collaborative concert pianist on modern and historical instruments and is also experienced in the fields of improvisation, composition, and conducting. Significant solo activities include numerous per-

formances of Frederic Rzewski's epic 36 Variations on 'The People United Will Never Be Defeated!' and frequent work with composers such as Frederic Rzewski, Steve Reich, and Louis Andriessen as well as regular work with peer composers of his own generation.

Mitchell records for the Alpha / Outhere music label (Haydn on an original pianoforte), and his YouTube channel has become an internet phenomenon for classical and improvised piano music, with more than a half million views.

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LAMORINDA SPORTS

Lamorinda wrestlers converge at the Diablo Athletic League Tournament



Steven Williams, Acalanes



Noah Hamann, Campolindo

By Jon Kingdon

Thirteen high schools came together at Campolindo High School Feb. 9 to compete in the Diablo Athletic League Tournament to qualify for the upcoming North Coast sectionals where they will compete for a position in the state wrestling tournament. The top five finishers in each weight class go on to the North Coast Section tournament and the top three wrestlers from the NCS will compete in the state championships.

The high school teams that competed were Acalanes, Campolindo, Miramonte, Alhambra, Benicia, Berean Christian, Clayton Valley, College Park, Concord, Las Lomas, Mt. Diablo, Northgate and Ygnacio Valley.

When the tournament concluded, Acalanes, Campolindo and Miramonte all had at least one wrestler who earned a spot at the NCS tournament: (Acalanes) James Trainer-120 5th place, Youssef Qteishat-170 5th place, Tony Correa-220 2nd place and Steven Williams-160 1st place; (Campolindo) Noah Hamann-113 2nd place, Adrian Bautista-120 4th place, Jack Gruen-170 3rd place and Nick Shaw-182 5th place; and (Miramonte) Dylan Welch-113 5th place.

Leading the boys and girls for Acalanes' head coach Micah Canestaro were captain Steven Williams "our top wrestler" and Abeigail Dunsmore, who "was tough all year. She was 2-2 fighting

through an injury. She was helped with her background in martial arts and showed great strength and tenaciousness," Canestaro said.

Lucas Haase was a first-time wrestler who came over from the track team and had to be convinced by Canestaro to see the benefits of wrestling when Haase asked: "Why should I learn how to wrestle someone that I can always outrun?" Canestaro obviously came up with the right answer because "Lucas turned out to be a top prospect for the future, obviously bringing very good cardio with him."

Matt Soto, also a freshman, showed great potential finishing third in the JV tournament. Canestaro was more impressed with both of his freshmen because "neither had a history with wrestling but both performed very well."

Addison Early, the team's senior captain and a top talent and leader on the team, hurt his neck (not seriously) at the Mission Tournament but was forced to miss this tournament. Two wrestlers that suffered injuries but who both showed good upsides were freshman Lukas Ross, who broke his foot in a skateboarding injury, and Alexandra Haase, Lucas' sister who missed a lot of time after suffering a concussion during the season.

For the Campolindo team this season, co-head coaches Lou Suba and Nikko Triggas counted on their co-captains Adrian Bautista at 120 and

Noah Hamann at 113, and both did well both on and off the mat. Suba felt that the most pleasant surprise on the team was freshman Walker Johnson: "This was Walker's first year with us though he had wrestled with the Lamorinda Youth Wrestling Program prior to coming to Campolindo."

Seniors Nick Shaw and Jack Gruen both battled through injuries this year. Julianna Meneses, who wrestled all season on the girls team, showed she could multi-task by singing the national anthem prior to the JV tournament on Friday and for the varsity on Saturday. With six girls returning to the team next year, Suba and Triggas are particularly optimistic about this group for next season.

Miramonte head coach Jason Rosiak felt that Dylan Welch qualifying for NCS was due special recognition. "Shannon Lick, who wrestled for his team at 137," says Rosiak, "was the first girl to win a tournament (The Barnburner in Livermore) for Miramonte in the last decade." Junior Alice Hogan proved to be the "pleasant surprise" of the season for Rosiak with her overall performance. Benjamin Chin was forced to miss most of the season due to a shoulder injury.

Rosiak, in his second season with Miramonte, saw a lot of positives with his team: "We're the youngest team in the league. We are building for the long term and anticipate taking the next step. The

highlight of the season for us was defeating Campolindo in a dual match for the first time in 15 years."

It's rare for first year head coaches to be assigned the responsibility of running this tournament, but Suba and Triggas took on the job and hit the ground running, modernizing the system overnight. "We installed an all-electronic system," said Triggas. "Everything was run by computer and we were able to avoid having to shuttle papers back and forth all day." Suba said that he and Triggas chose a system called Track Wrestling: "It was a very efficient system that worked well in every way."

The tournament was run very efficiently. Electronic scoring and clocks ran very smoothly, which was facilitated by the Campolindo coaches utilizing the system to ensure it worked efficiently the day before for the first time for the JV and Girls tournaments, serving as a tune-up for the varsity matches.

As former wrestlers, Triggas (Ohio State) and Suba (Indiana) wanted to acknowledge all of the senior wrestlers who participated in that day: "We had a ceremony before the finals recognizing each of the seniors, calling them each down to the mat since they were wrestling in their last league tournament."

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Playing Division I football



Robbie Rowell Photos Gint Federas

By Jon Kingdon

It's not unusual to see football players from Lamorinda schools play Division I football and in a few special cases go on to play professional football, such as Norm Van Brocklin (Acalanes), Drew Bennett and Ken Dorsey (Miramonte) and Giorgio Tavecchio (Campolindo).

However, this past year, there was an inordinate number of football players from the area that were on Division I rosters. Cal Berkeley had four players (Robbie Rowell-QB-Acalanes, Nick Henderson-LB-Acalanes, Sam Walker-LB-Miramonte and Ryan Regan-WR-Campolindo), Wisconsin (John Torchio-S-Campolindo), Syracuse (Ethan Fischler-WR-Miramonte) and Boston College (Peter Stehr-RB-Miramonte) all had one player from Lamorinda. These players were offered the opportunity to play Division I football as either a preferred walk-on (guaranteed a spot on the team's roster) or on a regular walk-on basis (having to earn a roster spot).

There is a substantial difference between playing Division I football and Divisions II and III football. The top players in the nation play at the Division I level and it features the biggest and fastest players who are recruited and offered full scholarships to attend these schools and play football. Whether offered a scholarship or choosing to walk-on for these teams, players deal with various issues that come into play in opting to participate at this level though it often comes down to a love of football and a desire to compete.

Stehr, who was not recruited by Boston College, took matters into his own hands: "I was recruited to lower level football programs but I wanted to try and play at a Division I school. When visiting Boston College, I went to the football office and showed my film to Brian White, the run-



Nick Henderson

ning backs coach, and he invited me to walk-on to the team."

Fischler had a coach that recommended him to the offensive coordinator at Syracuse and soon after "they offered me the opportunity to walk-on. I could have played at some other schools but I saw the chance to play at Syracuse as a challenge for myself and it was too good of a place to say no to."

Though recruited by Ivy League and other East Coast schools, Rowell accepted the challenge to play at California: "When Cal offered me a preferred walk-on, I accepted their offer. I liked the coaches along with the great facilities and I also like being so close to home."

Family also contributed to Henderson's decision to attend California: "My brother, Tommy, plays baseball at Cal and it's great to be close to him. I knew I wanted to continue playing football and I really love the Bay Area."

For Torchio, whose father played football at California, the decision to play at Wisconsin was influenced by the fact that his sister, Katharine, plays on their soccer team: "She was a factor in my decision but I just really liked the atmosphere there. It was a hard choice between Cal and Wisconsin but my father's attitude was 'Whatever makes you happy.' It's an opportunity to live in a new area as I will eventually return to the Bay Area after college."

As anticipated by all, it was a major transition from high school to college football:

"In high school, I outweighed three of my linemen," said Rowell. "At Cal, I've had a lot of passes batted down by the defensive linemen. I've gone from being 'the guy' in high school to where I began



Sam Walker

as the fifth string quarterback. Unlike high school, I don't see wide open receivers anymore. I have to put the ball in the right spot. I usually saw the same cover-four defense in high school. At Cal I've seen 25 different looks on defense. Running the scout team, I improved a lot practicing against our defense which was one of the best in the country."

Henderson, who suffered a knee injury early in the season, played enough to appreciate the talent on the team: "The biggest adjustment for me was how big, fast and athletic the offensive linemen were, not to mention the speed of the running backs and the wide receivers." Henderson did acknowledge the treatment he received after his injury: "We have a great medical staff and they took care of all of my needs."

Stehr also had to adjust from being the star at Miramonte: "I went from being a starter on both offense and defense to becoming a scout team player, grinding out any reps I could get. The talent on the team is great, but it also has made me a better player."

Fischler agreed that "there is a real adjustment to playing at this level. Everything is a lot faster. The speed of the game was the biggest change for me."

Besides the physical effort expended, the mental demands placed on the players are far greater at the college level. Fischler said it was a real challenge initially: "The playbook was a big jump from high school. We run a no-huddle offense and the plays were sent in via hand signals from the sidelines. It was very difficult to know what to do and it took everyone a lot of practice to get it down."

The playbook was far more extensive for Rowell as a quarterback: "Our playbook is a couple of inches thick. I've gone from learning four protections to 28. It requires a lot of learning and memorizing.



Ethan Fischler

It's still a work in progress. It's like learning to speak Spanish and then being thrown into the middle of Mexico City."

The time demands on a Division I football player are extensive. There are weight room workouts, position meetings and practice. The NCAA has rules that limit the amount of time a player is permitted to work out, attend meetings and practice with the team to 20 hours a week. This does not include any work that the players do on their own.

Even though the college season has ended, the demands on the players don't end there, says Fischler: "I still do weight room work in the morning five days a week and one day we run in the morning. This is all done prior to classes. I am working hard on getting bigger and stronger so that I can hold my own physically along with always working on my receiving skills."

Rowell saw great empathy from the upperclassmen for the freshmen. "All of them were really good guys and helpful. Jay Flores (senior QB) took me under his wing and helped me to adjust to college football."

Henderson, Fischler and Stehr all appreciated how accepting and encouraging the upperclassmen were for them and how they were always available for help.

With all of the demands made by the football team, academics are certainly not overlooked. Says Rowell: "They do a good job here of keeping you on top of academics. They provide any help that you would need. Everyone has four hours a week of mandatory tutoring and we take it very seriously. I was very fortunate to come from Acalanes where a lot of classes really prepared me for all of the writing required in my college classes. Many of the players were caught off guard by all of the writing that is required."



Peter Stehr



Ryan Regan



John Torchio

Henderson quickly learned the need for time management: "You definitely can't waste time. I get up at 5 a.m. but will find some time for myself to balance the football and academic demands."

"Initially, the academic demands were a lot more than in high school," said Fischler. "Miramonte did a great job in prepping me for college and I got used to it as the semester progressed."

Boston College would have their meetings and practice in the morning prior to the players' classes, which worked well for Stehr:

... continued on Page C4

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Lauded local basketball player back in the Bay Area



Sabrina Ionescu

Photos Gint Federas

By Jon Kingdon

A triple-double in basketball occurs when a player records a double-digit total in a game in three of the following categories: points, rebounds, assists and blocks. To accomplish such a feat requires a player with all-around skills.

As a sophomore at the University of Oregon last season, Sabrina Ionescu broke the NCAA triple-double career record for women with her eighth triple-double. This season Ionescu surpassed the men's record of 12 (BYU's Kyle Collinsworth) and currently has a total of 16 triple-doubles and is still going. When questioned about the accomplishment, Ionescu

shrugged and replied, "It's just another thing I do."

Having been named the USA Today High School Player of the Year at Miramonte High School, Freshman Player of the Year at Oregon, first team All-American as a sophomore and preseason All-American prior to this season, it's understandable how Ionescu would acknowledge such a record so casually.

On Feb. 8, Oregon played at the University of California, coming away with a 105-82 victory, with Ionescu scoring 27 points with 5 rebounds and 4 assists. It was something of a homecoming for Ionescu as she explained after the game: "Playing in Haas

Pavilion felt like being at home with so many of my family and friends and coach (Kelly) Sopak and the Miramonte girls basketball team in attendance." In front of an equally supportive group two days later, Oregon and Ionescu (27 points, 9 rebounds, 8 assists) defeated Stanford on their home court of Maples Pavilion for the first time in 29 years by a score of 88-48.

Ionescu attributes much of her success at Oregon to having played under Sopak at Miramonte and on his club team Cal Stars: "Playing for Kelly at Miramonte and with Cal Stars really helped me, coming from such a winning program, teaching me to strive for excellence."

The connection between Sopak and Ionescu began when she was 9 years old, says Sopak: "Sabrina was one of the better players when she began but it wasn't until she was in seventh grade when it became very evident that she was a very special player."

It's not just Ionescu's physical tools that Sopak admires: "In breaking the triple-double record, it's easy to explain. Sabrina has the ability, but it's that she has a true mind for the game and competes on every play."

Though right-handed, Ionescu prefers to dribble the ball left-handed and will shoot left-handed as well, having developed those skills at Miramonte, says Sopak: "In high school, most teams want to force you to go to the left so we practice and play where our point guards work hard to run out practice to the left so they learn how to dribble with their left hand as well as their right."

It's something of a family affair between the Ionescus and the Sopaks, says Sopak's wife, Beverly: "We've known Sabrina and her family since she was in the third grade.

She has been like family to us. We often had her and her family come over on Thanksgiving and Christmas. Sabrina still really cares about Miramonte and reaches out to the players on the team."

As a coach's wife, Beverly Sopak has her own opinion as to what makes Ionescu so successful: "She is her own worst critic. She is harder on herself than anybody, which is what drives her."

The Sopak's daughter, Lauren, who played with Ionescu at Miramonte, attends the University of Oregon and is also a roommate of Ionescu and Sabrina's brother: "Sabrina is like a mother to us, making sure that we eat right, go to sleep early and get to school on time. She has a great sense of

humor."

Ionescu has often spoke of playing basketball as a "blessing" and only reluctantly will leave the court. Lauren saw this firsthand in a high school game: "Sabrina loves to play the game and never wants to come out. One time she got a technical foul and my dad pulled her out of the game. She sat next to him and constantly nudged him to keep reminding him that she was out of the game."

Ionescu graduated from Miramonte with a composite won-lost record of 125-9. So far, in the nearly three seasons with Ionescu, the Ducks have a record of 79-20 and are currently ranked third in the nation with a 23-1 record. Like a fine wine, Ionescu only seems to get better with age.



Girls soccer roundup



Sami Kolin

Photos Gint Federas



Sasha Sadoff



Celia Campo



Taylor Walthal

By John T. Miller

Both Miramonte and Campolindo girls soccer teams advanced to the semifinals in the North Coast Section tournament with wins Saturday, Feb. 16. No. 1 seed Miramonte will host No. 4 Analy of Sebastopol, while No. 3 Campolindo travels to No. 2 Petaluma. Both matches will tip off at 7:00 p.m. Feb. 20.

Miramonte defeated Sir Francis Drake of San Anselmo 2-1. Senior Taylor Walthal answered an early goal by Drake with a powerful clean shot in the first half for the tie, and junior Jordan Goularte added the go-ahead goal.

Coach Barry McQuain was pleased with the team's effort: "We made some adjustments at the half to control the middle of the field and had as many as 15 shots on the goal." Acalanes played into the semifinal round with a 3-0 defeat of Encinal High Feb. 13. Sasha Sadoff, Lara Disman, and Maddie Zuber scored for the Dons, while junior Olivia Pellegrini - filling in at goalie for the injured Kate Carter - shut

out the Jets.

With 15 minutes left in the game against Campolindo, Pellegrini was forced to leave with a gash above her eye that required stitches. The ensuing red card left Campolindo down a player, but they prevailed. Aliye Wingate scored for the Dons, while Sami Kolin, Celia Campo, and Ella Colombini scored for Campolindo.

The following is a brief wrap-up of the Lamorinda schools' regular seasons:

Miramonte (13-3-3; 9-1-2 league)

McQuain, in his third year as head coach at Miramonte, nearly accomplished the team's preseason goal of winning the league, eventually finishing second to the top-ranked Division II team, Northgate High.

Miramonte was led this year by a strong core of seniors. McQuain praised center defenders Alison Whipple and Taylor Johnson who anchored the defense along with midfielder Isabel Fine. McQuain called Taylor Walthal an offensive threat. "She was de-

ceptively fast and shot with both feet equally well."

McQuain gave special recognition to senior Teveen Aghababian, who was out the entire season with a torn ACL. She came to every practice and helped manage and keep teammates on track.

Aghababian was named a co-captain along with Whipple and Johnson.

Miramonte outscored their opponents 53-13, with Angelina Basso (8 goals, 9 assists) and Alex Ziem (7 goals, 7 assists), both sophomores, leading the way. A pair of juniors, Mikayla Smith and Kate Blanchard, split time in the goal, producing 11 shutouts. Juniors Olivia Grillo and Sabrina Grant also played well defensively.

"Northgate was clearly one of our best efforts this season," said McQuain. "I felt good about the game, as neither team dominated. By tying the league champions, we kind of put an asterisk by them."

The toughest loss was to Campolindo. "We outshot them 15-5, but they had a beautiful combination pass

that went in to beat us 1-0, said McQuain.

With 15 girls returning, the Matadors expect to compete for the title next year, also.

Campolindo (11-4-3; 8-2-2 league)

In his first year at Campolindo, Luis Pinto led the Cougars to a third place finish in the tough Diablo Athletic League, giving them a huge boost going into the NCS playoffs.

After six years as an assistant coach, Pinto took over the program, saying, "I hope to pick up where Ernesto Silva left off and continue to build the program."

Juniors Celia Campo and Devon Ortman headed the Cougar offense, with Campo, from her left forward position, leading the team with 11 goals, while Ortman provided six assists. Pinto praised Ortman, saying "She adapted to a new position this year as a midfielder and was the key to the start of every transition."

Mallory Lewis, a junior goalie, started the last eight games of the season and con-

tributed strong performances in 1-0 shutouts over Clayton Valley and rival Miramonte.

The three graduating seniors - Savannah DeCarlo, Nicole Huebner and Julia Colombini - served as co-captains for the team. "They did an excellent job leading the team and helping us to peak at the right time," says Pinto.

The Cougars went 8-1-1 over the last 10 games to climb into third place in the league.

Pinto also credits the six juniors on the team for being a strong influence and being able to lead without having the title of captains.

In addition, four freshmen improved dramatically and took over starting roles this year, giving Campolindo strong hopes for another competitive season next year.

Acalanes (10-5-5; 4-4-4 league)

First-year head coach Nick Barbarino, who worked the previous few seasons as a Miramonte assistant helping out with all levels, led his team to a No. 6 seed in the NCS playoffs this year.

... continued on Page C4

Magic coach nominated for national coaching award



Alfredo Rocha Photo provided

Submitted by Megan M. Shields

California Magic soccer coach Alfredo Rocha has been nominated for the 2019 Positive Coaching Alliance National Double-Goal Coach Award. PCA's Double-Goal Coach Award is given to youth and high school sports coaches from throughout the U.S. who embody the ideals of the Double-Goal Coach, striving to win, while also pursuing the more

important goal of teaching life lessons through sports. "We are all very fortunate to have Coach Alfredo at Magic and I'm very lucky to have him as my colleague," said Haris Obic, director of coaching. "His coaching philosophy is centered around appreciating the personal strengths of his players. This approach makes him a very effective coach who demonstrates and guides improvement by emphasizing human qualities first and foremost."

Coach Alfredo has been coaching at Magic for three years and in his tenure has exemplified Magic's mission of educating, inspiring and empowering youth in a positive way through the beautiful game of soccer. Courtney Johnson, executive director of operations said, "Coach Alfredo is one of those special individuals who creates amazing soccer players and is a positive influence for their entire life. He develops individuals in a way that they will

reach their full potential and become a force for good in the world."

Magic is a Lamorinda-based club committed to high achievement in all aspects of soccer while the whole child is considered during the course of development in Magic soccer training. To learn more about Magic, upcoming clinics and tryouts, visit www.calmagic-sc.com. This is the second PCA National Coach Award nomination for Magic.

Santa Maria third-grade boys basketball team wins



Photo Michelle Arrigotti

Players, from left: Nico Martinez, Lane Dalton, Micheal Fagundes, Jackson Gilmore, Caden Morrow, Luca Tarantino, Parker Bjornson, Julian Arrigotti, Jake Williams, Aidan Kuss (not pictured); coaches: Mark Arrigotti, Mike Gilmore and John Tarantino

Submitted by Mark Arrigotti

The Orinda Santa Maria third-grade boys basketball team won the CYO West Diablo American League Championship.

St. Perpetua third grade wins CYO Championship



Front row, from left: Ethan Ward, Beckett Clayton, Ian Brown, Jake O'Brien, Will Stuart; back row: Grady Branagh, Kyle Gleason-Dick, Daniel Shpolanski, Brennan Visnick and Travis Berry

Submitted by Rick Berry

The third-grade St. Perpetua boys basketball team won the National League West Diablo Championship.

Santa Maria sixth-grade boys basketball team champions



Top row, from left: Gavin San Gabriel, Ethan Lee, Gain Mcquire, Ryan Lee, Preston Rguem, Anderson Butner, coach Sultan Aseem; bottom row: Suliamon Aseem, Austin Bilello, James Pak

Submitted by John Bilello

Since third grade this Santa Maria 'American' CYO Team from Orinda has often struggled against their rival, St. Monica CYO, from Moraga, who has won the West Diablo CYO tournament every year. But in sixth grade Santa Maria CYO finally beat St. Monica in

sanctioned play to win the Championship game 49-27. Prior to this season, the Santa Maria teammates worked hard on their own to fine tune their basketball skills and then come back together as a team to be able to finally beat their rival in 2019! Even though it took a while, hard work and determination paid off for the Santa Maria sixth-grade American Team.

Playing Division I football

... continued from Page C2

"When done with football in the morning, I would have the rest of the day focusing on school and studying. It's a lot more work and time than high school but Miramonte really prepared me for balancing school and football."

As redshirt (non-playing) freshmen, the players were allowed to travel with the team to their school's bowl game, which for all was a very positive experience. California played in the Cheez-It Bowl in Phoenix, Syracuse played in the Camping World Bowl in Orlando, Wisconsin played Miami in the Pin Stripe Bowl in New York City and Boston College played Boise State in Dallas, though that game was canceled in the first quarter due to lightning.

On Christmas day, the California players went to the Salvation Army Center. "The whole week was a great experience," says Rowell. "Going through the entire game experience with the team, getting a lot of gear and handing out food on Christmas day was great." It was Henderson's first time in Arizona and he particularly appreciated "all the work we did helping to feed the people on Christmas morning."

Stehr also spent his Christmas with the team in Dallas and enjoyed it on many levels despite the game being canceled: "There were lots of team events and it was a real bonding experience and it was great when the coaches and families went to Mass

together."

Henderson, who anticipates majoring in economics or business, appreciates the environment at Cal: "It's a great community. Everybody loves everybody when you're an athlete or a student."

Rowell found the team to be really supportive: "I love the guys on the team. They were all very welcoming to me. There was not a lot of attitude or ego with the players."

Fischler was not fazed by the weather at Syracuse and, in fact, welcomed the change from the Bay Area: "It's been fun, actually. I like the different lifestyle and the opportunity to experience something new."

Stehr also took very well to the change in lifestyle at Boston College: "It's a whole different culture. It's one for all and all for one. The Catholic Jesuit mindset is instilled into our schooling. The teachers are invested in the students' lives. I love the city but the weather was a big change and I got a lot of winter gear."

Even after leaving Lamorinda, players still maintain their connections. "I talk with Stehr all the time," says Fischler, "and I still keep up with what is going on at Miramonte through my sister, Ava."

Rowell likes the fact that there are players and other students from Acalanes, Campolindo and Miramonte: "It's good to have Lamorinda guys here and it helped with the transition to the campus."

Girls soccer roundup

... continued from Page C3

The Dons were led in scoring by senior Sasha Sadoff with 11 goals and 13 assists, while junior goalie Kate Carter allowed only 15 goals until a concussion interrupted her season with a game-and-a-half left.

Barbarino also mentioned sophomore centerbacks Sami Hansen and Aliye Wingate as important contributors to the team's success, along with junior Ivy Souza, a durable midfielder, and utility player Megan Go, a sophomore who played just about everywhere.

According to Barbarino, "My senior co-captains K.K. McDonagh and Malika Haji brought leadership on and off the field and kept the team together." Another pair of seniors, Emma Workman and Ava MacKay were inspirational. "Although they didn't always play, they provided the team with a positive attitude and supported the girls at all times."

Seniors Lara Dissman and Maddie Zuber also contributed goals and offense throughout the season.

Although their league record left them in the middle of the pack, Barbarino said, "We gave up a couple last minute goals resulting in ties, so our record could have easily been better."

The Dons tied Campolindo twice and split the season series with Miramonte 1-1.

With losing only two senior starters, the Dons boast a lot of young talent and look forward to competing for a title next year.



Angelina Basso

Photos Gint Federas



Maddie Zuber

Submit stories to sportsdesk@lamorindaweekly.com

(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)



Cynthia Brian's Digging Deep

... read on Page D16

Lafayette remodel features French façade and new front entry



The new front entrance with its French touch

Photo provided

By Jennifer Wake

It's a well-known fact among those in real estate circles that curb appeal can be the difference between a home selling quickly or sitting on the market. Orinda architect Rick Kattenburg, of Kattenburg Architects, says when homeowners consider a remodel, they recognize the front entry as the key part of the overall design. Soon after Steve Umberger acquired a residence in Lafayette,

he decided to upgrade the front façade by adding more symmetry and a French touch. He contacted Orinda resident Bill Hinkamp of Rockridge Builders who partnered with Kattenburg to create the design and finish the project.

The original plan had an awkward indirect entry through a small covered porch that hid the actual door into the house, said Kattenburg. "The owner disliked the way it was. The opening of the original entryway went straight into a dingy porch area. Now it

has a different use." The remodel also extended the distance between the garage and the front door.

"We added three new double inward opening French doors with wrought iron railings above the relocated lower floor windows and the new entry door," Kattenburg said. "We upgraded the existing Mansard roof with new slate shingles, copper gutters and trim, and ran crown moldings below the roof soffit.

... continued on Page D4



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City	Last reported	Lowest amount	Highest amount
LAFAYETTE	7	\$619,000	\$3,535,000
MORAGA	6	\$390,000	\$1,332,500
ORINDA	4	\$815,000	\$1,440,000

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

- 634 Glorietta Boulevard, \$1,850,000, 4 Bdrms, 3783 SqFt, 1979 YrBlt, 01-11-19, Previous Sale: \$1,450,000, 11-01-17
- 3243 Marlene Drive, \$619,000, 2 Bdrms, 1160 SqFt, 1972 YrBlt, 01-04-19
- 2 Monson Lane, \$1,725,000, 5 Bdrms, 3645 SqFt, 1950 YrBlt, 01-08-19, Previous Sale: \$950,000, 07-08-03
- 3279 Mt Diablo Court #11, \$795,000, 3 Bdrms, 1731 SqFt, 1987 YrBlt, 01-03-19, Previous Sale: \$515,000, 08-14-12
- 1261 Rose Lane, \$3,535,000, 5 Bdrms, 4945 SqFt, 1999 YrBlt, 01-10-19, Previous Sale: \$2,151,500, 03-31-06
- 375 St Marys Road, \$1,043,000, 4 Bdrms, 1604 SqFt, 1968 YrBlt, 01-10-19, Previous Sale: \$550,000, 09-11-01
- 760 Tanglewood Lane, \$1,540,000, 3 Bdrms, 2893 SqFt, 1971 YrBlt, 12-31-18, Previous Sale: \$995,000, 08-17-17

MORAGA

- 105 Ascot Court #A, \$500,000, 2 Bdrms, 1191 SqFt, 1973 YrBlt, 01-08-19, Previous Sale: \$170,000, 08-10-98
- 1919 Ascot Drive, \$750,000, 2 Bdrms, 1455 SqFt, 1973 YrBlt, 12-31-18
- 2059 Ascot Drive #110, \$390,000, 1 Bdrms, 713 SqFt, 1971 YrBlt, 01-08-19, Previous Sale: \$175,000, 09-29-00
- 730 Crossbrook Drive, \$1,332,500, 3 Bdrms, 2242 SqFt, 1967 YrBlt, 12-31-18, Previous Sale: \$142,500, 08-01-78
- 23 Lynch Court, \$980,000, 3 Bdrms, 1376 SqFt, 1959 YrBlt, 01-04-19
- 533 Moraga Road, \$667,500, 1627 SqFt, 2008 YrBlt, 01-03-19

ORINDA

- 3 Charles Hill Place, \$1,440,000, 4 Bdrms, 3157 SqFt, 1910 YrBlt, 01-04-19, Previous Sale: \$1,575,000, 11-12-15
- 469 Manzanita Drive, \$815,000, 3 Bdrms, 1448 SqFt, 1946 YrBlt, 01-08-19
- 20 Orchard Road, \$1,150,000, 3 Bdrms, 2566 SqFt, 1939 YrBlt, 12-31-18, Previous Sale: \$1,100,000, 12-26-17
- 14 Snow Court, \$1,000,000, 6 Bdrms, 3667 SqFt, 1974 YrBlt, 01-11-19, Previous Sale: \$680,000, 10-10-18

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90 Mossbridge Lane, Orinda



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PADDY KEHOE TEAM

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Lafayette remodel features French façade and new front entry



Entrance before the remodel.

Photos provided

Info: <https://www.kattenburgarchitects.com/>; <http://www.rockridgebuilders.com/>

..., continued from Page D1

Horizontal trim bands were added to balance the design.”

Dana and Oliver Olsborg – who purchased the home in June, after moving from San Francisco – were drawn to the style of the home. “We love the French façade. My husband was born in Montreal and French was his first spoken language,” Dana Olsborg said. “Our boys speak French and this home just seemed very fitting for us! We also fell absolutely in love with the countryside views out the back.”

Olsborg says her family loves their beautiful home and they love Lafayette.



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One room FengShui lux re-dux

Creating sound sleep, retreats and spas for the master bedroom



Photos provided

Master bed placement is job No. 1. This works because the bed is flanked by a solid wall and so there is never a window behind the bed.

By Michele Duffy

A thoroughly modern way in this new year to initiate Feng Shui within your home is by accessing your floor plan with the Feng Shui BAGUA/I CHING map, the space-tool of choice, and next selecting one room or area to take a much deeper dive. Around Valentine's Day or early spring is a great time to turn your eyes to the master bedroom and the retreat it ought to be by allocating your time and budget to adjust and improve the space with a fresh redux.

Remember whenever you are adding the balancing layers of Feng Shui into any space, it's equally important to remove items that don't activate joy and the new vibe you are going for. Our spaces should bring us joy and be created with intention, and be on-purpose sacred spaces. Remember, gratitude should be abundantly expressed in your space and

negative projections kept to a minimum. Fill your home with functional items you love and your life will be filled with love. Donate or discard items that aren't making you smile.

Before you get started it's critical to prepare your intention, breathe, pause and allow your thoughts to slow down and your mind to be less distracted; even eight or nine deep breaths through the nose will bring you into the present moment. Next locate your master bedroom in your home's layout and make a note of the element on the Bagua that is involved at this location.

Ideally, as you become more interested in applying Feng Shui design principles, it is best applied with the help of a professional so mistakes are avoided. Using the Bagua, understand that the master bedroom ideally sits in the back areas of the home, away from the front entrance door. If it's not, your home

might well be energetically set up to attract difficult chi including divorce or unruly children. This is especially true if the master bedroom is situated along the front wall of the home or in the center, and may also be challenging if the bedroom is behind the front door wall. Depending on which element rules the area where the master bedroom is located, it's naturally very easy to activate excellent Feng Shui with a straightforward do-over.

Optimized the furniture placement in the commanding position, consider wall colors, bed frame and bedding, textiles, flooring, as well as lighting and art placement.

Wood area master bedrooms do well with greens (wood) and blues (water produces wood) and remember, strong yang hues are too active, so while an accent wall can definitely be painted with these stronger colors behind the bed, the other walls should be calming and more yin with a much lighter hue.

... continued on Page D10



Rest and sleep are major energetics we enjoy in our master bedrooms, as much as romance.



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One room FengShui lux re-dux

Creating sound sleep, retreats and spas for the master bedroom



Candles and soft wall colors create calm and a greater intimate ambiance in the master bedroom.

... continued from Page D6

Some of my current favorites for this area are Benjamin Moore's "Constellation" for walls and "Frostine" for the trim, doors, and ceiling. Once a color scheme is chosen then the other Feng Shui layers can be included, depending on individual tastes and whenever possible, nature-inspired design.

Do not include water fountains in any master bedroom and place plants away from the bed to allow personal chi to relax. Limit the EMFs and yang noise from TVs, cell phones, and laptops and incorporate a restful bedtime routine to encourage well-rested nights. Romance is another strong suit in the master, so include plenty of soft yin soy candles, other low lighting and ample reading light to illuminate the romantic, luxurious, sumptuous bedding, textiles and art.

Remember restful master bedroom Chi includes each night closing all adjacent bathroom or closet doors with intrusive chi into the master bedroom suite. Window treatments should provide privacy, shroud you in luscious darkness for sleep, and bring function and joy to your room design.

Using diffusers with a few drops of essential oil is de rigueur Feng Shui and creates space as medicine, creating layers that work together in perfect harmony.

Finally, another key preparation point and one you should not overlook in 2019 Pig year is to understand and stick to your budget from the beginning and to stay organized.

Mandala Feng Shui tips for master bedroom ease:

It's your sacred space so try to invite kids or animals to demonstrate respect;

Arrange the master bed in the Feng Shui "commanding position" (door facing);

Invest in new beddings or make one change, like new pillows, new luxury bath linens, flooring, or new window treatments;

Blend your new wall color choice so the risky color finishes are temporary trends;

Go for quality in all of the furniture including the master bed frame;

If recently divorced, a brand new bed and mattress are de rigueur in the new year;

Lighting is practical and also flattering with plenty of lightly scented candles;

Have personalized or nature-inspired art face your sleep position.

Whether you are single or married, allowing yourself to have the grounded, restful, and romantic master bedroom of your dreams is a good starting point to attract or keep love alive. The wise concept of loving absolutely everything in your space is paramount to healthy Feng Shui and especially important in the master, where our personal self gets to pause, rest and experience intimacy.

To schedule your 2019 new year one room makeover, please email me at spaceharmony@g.mail.com or see www.mandalafengshui.com for package details.

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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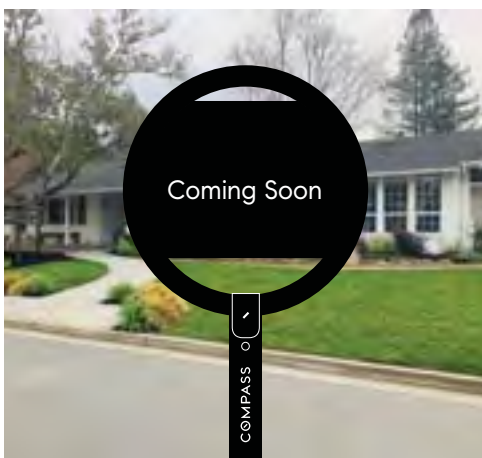
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Burton Valley



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Hidden Valley



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Burton Valley



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\$1,395,000
4 Bed 2 Bath +/-2,056 Sq Ft

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COMPASS



Cynthia Brian's Digging Deep

Pass the mustard!

"In seed time learn, in harvest teach, in winter enjoy." – William Blake



After the rains, lawns are lush, thick and emerald green.

Photos Cynthia Brian

By Cynthia Brian

The thunder clapped. The lightning bolted.
The skies opened.

Rain, life-giving rain.

The garden rejoices.

The lawn, browned from the hot summer and autumn, is once again a lush verdant emerald. Fresh new leaves are beginning to unfurl on plants presumed expired. Weeds are sprouting in every crevice and worms are back working their tilling magic. Tiny pink buds are exploding on peach trees, white blossoms already cover the flowering pears, and scarlet blooms of Chinese flowering quince, a member of the rose family highlight the barren landscape. We are smack in the middle of winter with the opportunity to learn, teach and enjoy.

As you drive along the local roads, you'll witness fields carpeted in yellow. This is the

wild mustard plant, the magical staple of my childhood. Every year in February and March our walnut orchards would be blanketed in 5-foot-tall plants that provided my siblings and me abundant opportunities to build forts, hide from our parents, and make mustard leaf sandwiches. We'd collect the seeds, mix them with vinegar and sea salt, and make our own culinary creations. Our dad would eventually till this beneficial cover crop back into the soil as a green manure to add nitrogen, increase drainage, and water retention.

If you planted seeds of edible greens and cool loving crops in the fall, you are now harvesting many members of the mustard family including cabbage, kale, collards, kohlrabi, broccoli, yellow mustard, bok choy and cauliflower. Buds of Brussels sprouts are forming their "sprouts" in the axils of leaves on the stalk. Flavor improves with Brussels sprouts after two or more frosty nights. The mustard

family includes the genus Brassica whereby most of the leaves and flowers taste peppery. Since the flower pattern is in the form of a cross, the plants are referred to as cruciferous. Called superfoods, cruciferous vegetables pack a punch with disease-fighting phytochemicals, attributed to preventing cancers and cardiovascular diseases. Brassicas are also nutrient and fiber-rich with healthy plant omega-3s, vitamin A, C, E, B-1 and folic acid. They are easy to grow from seed in well-drained, fertile soil enriched with compost. Because Brassicas are prone to pests and soil-borne diseases, make sure to practice crop rotation and never compost the roots. Although you can use recycled containers to start seeds indoors in the winter, these plant varieties are more successful when seeds are sown directly in the garden.

With the recent outbreaks of E. coli infections found in a variety of leafy greens and specifically romaine lettuce, growing your own vegetables is not only less expensive, but safer because you have the power to control what goes into your soil. Seeds of arugula, Swiss chard, lettuces, spinach, scallions, sorrel, fennel, and nasturtium can be succession scattered to ensure year-round eating pleasure.

... continued on next Page



Once you get arugula started, you'll have plenty all season.

Your vegetable garden has the potential to feed your family throughout all four seasons at a fraction of the cost of what you'd pay for equivalent produce at the market. In winter, you will rarely have to turn on a water source, and you can fertilize with your homemade compost. By saving the seeds of your favorite plants, you also won't have to buy new seed packets. During every planting period consider adding an unfamiliar crop that you've discovered by perusing seed catalogues.

Even when the inclement weather is keeping you bundled up cozily seated by a blazing fire with a cup of hot lemon tea to ease your sore throat, if you've taken an hour or so to sow your favorite seeds, germination will be happening underground. One sunny day you'll walk outside to witness the miracle of nature. Voila! Instant leafy greens sown and grown in your personal heart-healthy home garden.

Pass the mustard!



Fennel is delicious chopped into salads and sauces.



Add purple head cabbage to your diet to prevent premature aging.



Avoid an E. coli infection by growing your own romaine lettuce.



Check out the small buds growing in the axils of a stalk of Brussels sprouts!

Cynthia Brian's Mid-month Gardening Guide for February

PICK UP the fallen blooms of camellias to prevent the fungus Camellia blossom rot which causes blooms to turn brown from the center out. Do not compost spent blossoms. Put the dead blooms in the trash bin.

USE Chinese flowering quince as a spiny hedge or barrier.

DON'T mow or walk on your lawn after a rain when the soil is too moist or you will damage the grass and cause rivets in the soil.

PLANT seedlings of celosia next month for a late spring show.

FINAL time to heavy prune your roses. Dip canes in a rooting solution and plant in rich soil in small containers to give as summer hostess gifts.

GROW your own Brassicas and leafy greens by sowing seeds in succession.

MAKE homemade mustard from the seeds of wild mustard by grinding them and adding salt, spices and vinegar.

PRUNE and shape pelargoniums and geraniums for fuller flowering.

WASH leaves of indoor plants that are dusty. Re-pot if necessary.

FEED the birds as winter is challenging for them to find essential food sources.

Happy Gardening. Happy Growing.



Yellow and red celosia creates a colorful border.



Stalks of flowering quince may be cut for indoor décor.



Put canes of pruned roses in pots to give to friends.



Pick up camellia flowers from the ground as they fall.



Cynthia Brian in a field of mustard.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store.

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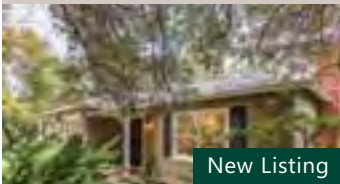
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LAMORINDA'S LEADING INDEPENDENT REAL ESTATE FIRM

ORINDA



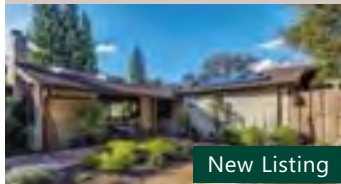
New Listing

22 Las Palomas

Lowest Price & Move-In Ready! Updated Orinda Country Club 3 Bed/3 Bath with serene views.

\$1,195,000

ORINDA



New Listing

2 Austin Court

Updated 4 Bed/3 Bath single-story home on idyllic 1.04 acre setting, with pool.

\$1,395,000

ORINDA

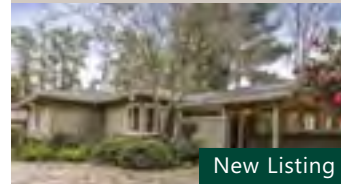


17 Valley View Lane

Beautifully renovated traditional 3 Bed/2.5 bath on a 1.1 acres. Chef's kitchen, indoor/outdoor living.

\$1,579,000

ORINDA



New Listing

110 Lombardy Lane

Updated classic Sleepy Hollow 4 Bed/3 Bath ranch home featuring gorgeous gardens and level yard.

\$1,695,000

ORINDA



147 Camino Don Miguel

Authentic old Orinda Spanish on special OCC view knoll. 3223 sq.ft. of charming living spaces.

\$1,749,000

ORINDA

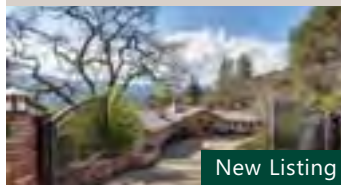


710 Miner Road

Gorgeous updated 5 Bed/3 bath contemporary home in private and wooded natural setting.

\$1,799,000

ORINDA



New Listing

41 Dos Posos

Light and bright 4 Bed/3 Bath updated family home with an entertainer's backyard and sun-splashed pool.

\$2,175,000

ORINDA



3 Lost Valley Court

Custom contemporary 6 Bed/4 Bath rebuilt masterpiece on 2.11 acres in the gorgeous hills of Orinda.

\$2,295,000

ORINDA



New Listing

13 Gardiner Court

Meticulously designed 6 Bed/4.5 Bath craftsman home incredible views from every room, resort-like pool & spa.

\$3,750,000

LAFAYETTE



4030 Happy Valley Road

Fab New Look! Elegant country living in Happy Valley with gorgeous private grounds.

\$2,675,000

LAFAYETTE



1982 Reliez Valley Road

Extraordinary custom-built dream home of the highest quality on 1.12 acres.

\$3,250,000

MORAGA



308 Rheem Blvd

Delightful and renovated 5 Bed/ 4 Bath with functional floor plan on 1.04 acre beautifully landscaped lot.

\$1,599,000

MORAGA



259 Lakefield Place

Open and spacious, light and bright, incredible 5 Bedrooms/ 4.5 Bath-room Moraga estate on 1.72 acres.

\$1,995,000

CLAYTON



3 White Diamond Lane

ONLY 4 LEFT! Beautiful New Construction Single Story Home! 4 Bed/ 2.5 Bath, den, chef's kitchen.

\$1,218,000

CLAYTON



4 White Diamond Lane

ONLY 4 LEFT! Beautiful New Construction Single Story Home! 4 Bed/ 3.5 Bath, den, chef's kitchen.

\$1,285,000

MARTINEZ



110 Via Cabrera Lane

Beautifully updated 3 Bed/2.5 Bath townhome with the ideal floor plan in the popular Mission Pines.

\$509,000

The Village Associates:

Ashley Battersby
Patricia Battersby
Shannon Conner
Meara Dunsmore

Linda Ehrich
Emily Estrada

Joan Evans
Linda Friedman
Dexter Honens II

Anne Knight
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April Matthews
Hillary Murphy

Karen Murphy
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Molly Smith

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Lynda Snell

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Clark Thompson
Angie Evans Traxinger

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Village
ASSOCIATES

It's Village. Of Course.

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