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Jacqueline Samaniego (Acalanes) scored second place in girls competition (29 divers).

Photos Gint Federas



Josiah Klock of Campolindo takes first at May 7 NCS Diving Championships (26 divers).

Photos Gint Federas

Lamorinda divers score big at NCS; three head to state meet

By Jon Kingdon

Taking a dive is generally a pejorative term when it refers to sporting events. It was just the opposite for the Lamorinda divers in the North Coast Section Diving Championships May 7 at the Concord Community Pool. Of the 29 girls and 26 boys who qualified for the NCS, six were Lamorinda divers.

For the boys, two of the divers qualified for the state tournament – junior Josiah Klock (Campolindo) who came in first and senior Deivi Moretti (Mira-

monte) who came in second. Sophomore Daniel Zabronsky (Campolindo) came in seventh. For the girls, Jacqueline Samaniego (Acalanes) was the sole qualifier for state, finishing second. Junior Haley Tang (Campolindo) came in 16th and freshman Alexia Dunlavey (Acalanes) came in 18th.

Klock, who finished in fourth place last year, was excited about coming out on top this year: “Winning feels great after putting in so much work. It was a tough competition and I’m going to do the same things I’ve been doing in preparing for the

state tournament.”

Will Haynes is the diving coach for Acalanes, Campolindo, Miramonte and Las Lomas and explained why Klock was so successful: “Josiah made a great transformation from last year. He is more muscled, well balanced and very consistent. He is able to move the diving board and get a lot of energy. He always has good form and as a junior has another year to improve.”

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MOFD makes history with all-female engine company

By Nick Marnell

For the first time in the 22-year history of the Moraga-Orinda Fire District, an all-female crew was assigned to a shift, with acting Capt. Janet Brandi-Routt partnering with acting engineer Julie Murphy and firefighter-paramedic Katy Himsl. The landmark engine company worked out of Fire Station 42 in Moraga on May 8.

“I’m actually surprised it’s taken this long for it to happen,” said Brandi-Routt, a 21-year district veteran. According to Brandi-Routt, having the required job classifications fall in such perfect alignment was the reason that the all-female crew finally came together. She and Murphy are regularly assigned to Station 42, and when Himsl pulled the overtime shift to fill a crew vacancy, district history was made.

MOFD has been ahead of the curve in the employment of female firefighters for many years, and earlier this decade, prior to a retirement and a firefighter moving to

a district nearer her home, nearly 10 percent of the district suppression roster included women. Today, three of the 48 district fire suppression personnel are women, still above the national average of 4 percent.

“It’s good for the community,” Himsl said. “People know that Julie and I grew up here, and they like seeing us on the job.” Murphy added that it is empowering for young girls to know that they have role models in a traditionally male occupation.

“Moraga-Orinda has always been forward thinking and has always recognized equal opportunity,” said Vince Wells, Local 1230 president. “This (landmark event) was especially significant considering the small size of the district.”

Jerry Lee, the battalion chief on duty that day, reflected his pride in the close-knit ties among all district personnel. “Member diversity has never been a problem here,” Lee said. “This milestone is just another example of great things going on in our organization.”



Photo Andy Scheck

From Left: Katy Himsl, Julie Murphy and Janet Brandi-Routt

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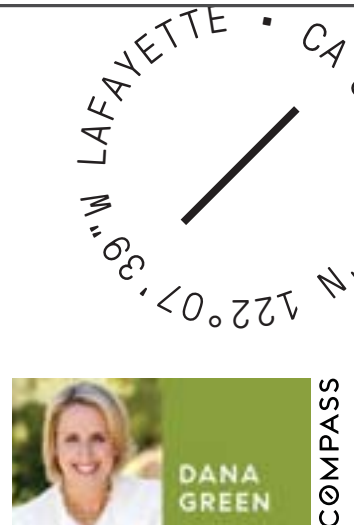


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The Terraces – next step: environmental review



Michael Griffiths gives Save Lafayette's view on the Terraces while members of the public hold signs in support.

Photo Jeff Heyman/City of Lafayette

By Pippa Fisher

The Don Tatzin Community Hall was packed for a special meeting of the Lafayette City Council and the Planning Commission April 29 as city staff gave an update on the Terraces, a 315-unit apartment project on Deer Hill Road, specifically discussing how to proceed with the environmental review.

After close to 20 members of the public weighed in on the controversial issue, the Planning Commission unanimously agreed to refer the project to the Transportation and Circulation Committee, and the council minus Vice Mayor Susan Candell who, following legal advice recused herself from all discussion around the Terraces, unanimously voted to hire consultant Impact Sciences to do further analysis and prepare an addendum to the environmental impact report.

The Terraces project, which would sit on a 22-acre parcel on Deer Hill Road, was first proposed in March 2011 but its application was suspended in 2014 in favor of alternative plans for a scaled back development of 44 single-family homes, a dog park, a playing field, a playground and tot lot. Local preservationist group Save Lafayette sued the city, resulting in a referendum last June on the future of the revised project. With the defeat of Measure L, the developer O'Brien Homes resumed the original application for the apartments.

The application was deemed complete in 2011 and the city retained Placeworks at the time to prepare an EIR, which was certified in August 2013. Since five years have passed, further review under the California Environmental Quality Act is required. But should that be in the form of

an addendum or a supplemental EIR?

The audience heard from attorney Robert Hodil of Coblenz, Patch, Duffy and Bass – the outside counsel hired by the city – that, in his opinion and that of Impact Sciences, an addendum rather than an SEIR is called for to examine the identified areas of transportation, air quality and noise, as well as (potentially) greenhouse gas impacts.

Members of the public present, and the many letters sent to council on the subject, overwhelmingly demanded the council call for an SEIR and the guaranteed full public hearings that it would entail rather than the addendum for which public hearings are not required. Residents spoke of traffic implications, potentially worsened

by such a large development, and several spoke of the potential for delayed response times for emergency vehicles unable to get through traffic.

Mayor Mike Anderson repeatedly had to ask for people not to applaud to avoid the possibility of intimidating those who might hold another opinion and, in fact, only one got up to speak in favor of the apartments.

Save Lafayette co-founder Michael Griffiths points out that under CEQA guidelines, unlike supplemental and subsequent EIRs, an addendum need not be circulated for public review.

“The notes under guideline 15164 say it (an addendum) is only for minor corrections in EIRs,” says Griffiths.

... continued on Page A3

Lafayette's old library – final days



Demolition is planned for the end of May

Photo Pippa Fisher

By Pippa Fisher

The old library's days are numbered. The building is slated for demolition at the end of the month.

As sharp-eyed residents will already have noticed, there is an ongoing flurry of activity behind the newly erected fences around the old library, which sits next to Lafayette Elementary School on Moraga Road. More activity, in fact, than the old library has seen since the opening of the “new” Lafayette Library and Learning Center 10 years ago. Since then ownership has passed from the county to the city and then on to the Lafayette School District.

The building is uninhabitable and will be demolished to make space for five new classrooms as well as a new extended dropoff area which is intended to help bring traffic off Moraga Road and allow more cars on campus for

drop off and pickup.

However, before demolition can begin, contractors will be removing asbestos and, since termiticide was detected, they will also have to supervise the removal of soil. LAFSD Superintendent Richard Whitmore said that although the termiticide was not particularly severe, it was present enough to call for the state oversight of the soil removal.

Once the Department of Toxic Substance Control gives the district the all clear, the contractor for the project, McGuire and Hester, will move in for the demolition, tentatively planned to start May 28.

The work is expected to be substantially complete by the end of the year. Total cost of the new classrooms on the school site and incorporating the old library space into the school is \$8,320,417 and is funded by the Measure C bond of 2016.



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**Lafayette
Public Meetings**

City Council

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

School Board Meetings

Acalanes Union High School District
Wednesday, May 15, 7 p.m.
AUHSD Board Room
1212 Pleasant Hill Road, Lafayette
www.acalanes.k12.ca.us

Planning Commission

Monday, May 20, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Design Review

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

Lafayette School District

Wednesday, May 22, 7 p.m.
Regular Board Meeting
District Office Board Room
3477 School St., Lafayette
www.lafsd.k12.ca.us

Local author examines family's experience with mental illness

By Pippa Fisher

Lafayette Library and Learning Center is featuring Lafayette resident Mark Lukach for the May author talk. Lukach's internationally bestselling memoir "My Lovely Wife in the Psych Ward" seems particularly apt at this time – this May is the 70th year that Mental Health America has been observing Mental Health Month as a way to educate and increase public awareness.

Lukach's book chronicles the unexpected onset of a bipolar diagnosis for his wife, Giulia, her three hospitalizations with psychosis, her lengthy bouts with suicidal depression, and his attempts to support her as a caregiver.

The book starts with their love story – a seemingly perfect young romance, meeting in college, aged 18, marriage at 24 and their dream life in San Francisco.

Following his wife's diagnosis at age 27 and ongoing battle with mental illness, Lukach looks at the question, "How do we care for the people we love?"

In his book Lukach focuses on how mental illness is a shared experience. He has spoken about his family's experience at schools, hospitals, businesses and to mental health organizations across the country and has been in-

terviewed on TV and radio.

The New York Times Book Review wrote that Lukach's "rare combination of tenderness and ruthlessness is what makes this book more interesting than your typical illness narrative."

Adult Services Librarian Chris Gray says this promises to be a touching and very relevant program.

Lukach is the ninth-grade dean and a history teacher at The Athenian School. He lives with his wife and their two sons in Lafayette.

The talk will be held at 6:30 p.m. Thursday, May 23 in the Don Tatzin Community Hall at the Lafayette Library and Learning Center.

Copies of "My Lovely Wife in the Psych Ward" will be available for purchase at the event, courtesy of Orinda Books.



To sign up, please go to <http://ccclib.evanced.info/signup/EventDetails?EventId=180935>

The Terraces – next step: environmental review



Bing.com modified by A. Scheck

... continued from Page A2

"The developer's draft proposed addendum with appendices runs to 1,000 pages – have you ever met a thousand-page 'minor correction'? Worse, it seeks to undo (without explanation) all of the significant and unavoidable public health and safety impacts recited in the certified final EIR approved in 2013. Seven years have passed since the data in the original EIR was collected, and there have since been substantial changes in the traffic and public safety considerations; this mandates a more rigorous subsequent document."

Several times all four city council members asked about the process and whether they could continue having public hearings with an addendum. Acting Planning Director Greg Wolff reassured them that it would be possible. Hodil agreed but noted that it is not typically done in the city of Lafayette although it is allowable under CEQA.

Council Member Steven Bliss asked if analysis from the consultant around the addendum could still trigger an SEIR and was told it could. Mayor Mike Anderson said after the meeting that nothing has really changed here. "Nothing is off the table," he said, referring to the adden-

dum versus the SEIR.

With the decision to move forward with the addendum, the city is hiring traffic consultants TJKM who worked on the original Terraces EIR. Wolff said the hire made sense because of their "long-term familiarity and knowledge on it."

It is precisely the long-term familiarity that makes Lafayette resident Scott Sommer uneasy.

"Although TJKM worked for the city in 2012, it is now working for and under contract with O'Brien Land. This taints any choice of TJKM to objectively and independently work for the city," says Sommer, adding, "Also, the idea of TJKM reviewing its own traffic memorandum is meaningless and illusory. Independent and impartial review is a key concept of CEQA and administrative law. An independent traffic consultant should be retained by the city to independently review TJKM's submission."

Wolff says that TJKM is well respected and will be taking direction from the city. Addressing any concerns about the potential for the developer to hire a consultant to become their mouthpiece, Wolff says, "That is why the city is retaining Impact Science."

The saga continues.

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New Town Treasurer commits to third term for Moraga



Photo Vera Kochan

New Town Treasurer Robert Kennedy

By Vera Kochan

Robert Kennedy was unanimously chosen during the April 24 town council meeting to serve as town treasurer for a nonconsecutive third term following a recommendation by the Audit and Finance Committee. Kennedy initially served as treasurer from 2006 to 2009, and once again from 2011 to 2013.

Kennedy has been a Moraga resident for 22 years. As a student at UC Berkeley he majored in engineering, but never pursued a career in that field. "When I graduated

I went straight into accounting," he said, adding, "Even though engineering and accounting are two different occupations, both are numbers oriented."

Kennedy felt that he had a lot to offer the town when he began his first term as treasurer. "For two years, in 2004-06, I served on the Contra Costa Civil Grand Jury, and learned a lot about how local government operates and is financed. In 2006, the town of Moraga was looking for a town treasurer, so I applied and was able to bring some of my Grand Jury experience to help the town."

Some specific duties involving the treasurer include serving as chairperson of the AFC, working with the administrative services director to establish an agenda and following up on specific tasks as directed by the AFC or town council.

According to the AFC charter, the committee is to be "the town council's principal agent in ensuring the independence of the town's independent auditors, the integrity of management, and the adequacy of disclosures to the public." The committee is also responsible for reporting the town's financial state-

ments, maintaining financial records, reviewing budgets and financial management procedures including investment strategies and cash handling procedures.

Having been Moraga's treasurer twice before, Kennedy has become a veteran at the job, stating, "I bring a certain amount of institutional knowledge and experience to the town."

With so much time invested in keeping Moraga financially on track, Kennedy was asked if he ever considered running for office. He answered with a chuckle, "Not at this time!"

Behind the scenes of Moraga Library events



Local author Daniel Hanel

Photo Vera Kochan

By Vera Kochan

Most patrons appreciate the variety of events that the

Moraga Library has to offer, but aren't aware of the process behind providing interesting programs for young

and old alike.

Adult Services Librarian Michael Goldman and Youth Services Librarian Nirit Schnitzer are the folks responsible for the library's extracurricular and always free activities.

Goldman has scheduled upcoming events such as Gentle Yoga; a Chinese brush painting workshop in honor of Asian Pacific Islander Month; the monthly book club meeting; a folk singer; and last week's local guest author Daniel Hanel.

The Contra Costa County libraries are a great resource to Goldman for mining event ideas. Librarians from the other cities make recommendations to each other regarding worthwhile speakers or artists. While he likes to book local talent as much as possible, Goldman says, "My

choices aren't closed to only locals. I like to offer something that the community can relate to."

Hanel's presentation was more of a detailed historical mystery lesson. Born in Richmond, California, and currently living in Brentwood, the high school science teacher said, "Writing a novel was a bucket list item." His intriguing mystery series, "In the Shadow of Mt. Diablo," is a spellbinding account of local folklore where, according to Hanel, "past meets present, with a parallel story line, where fact meets fiction."


Hanel's first book in the series, "Mystery of the Great Stone House," recounts the life and murder of wealthy and influential Brentwood historical figure Dr. John Marsh. His second novel, "Death at the Healing Wa-


ters," uncovers a WWII secret at the Byron Hot Springs Resort. Hanel's most recent novel, "Ghosts of Black Diamond," takes the reader back to the historical 19th century coal mining town once located in the Mt. Diablo foothills.

Many of the library programs are sponsored by The Friends of the Moraga Library.

For the younger library-goers, Schnitzer says, "I like a mix of performers and crafts - something that's inspirational. For the preschool and kindergarten age groups I offer something funny or musical." Some Moraga Library events for children include Comic book drawing and Kindergarten Countdown (talking and singing) which are coming in May.

... continued on Page A9

 <p>Town Council Wednesday, May 22, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Planning Commission Monday, May 20, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Park and Recreation Commission Tuesday, May 21, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.</p>	<p>Moraga School District Board Meetings Tuesday, June 11, 7 p.m. Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga www.moraga.k12.ca.us See also AUHSD meeting page A2</p>
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Moraga Parks and Rec reduces rates for Hacienda facility rentals



Reduced rates coming for Hacienda kitchen use. Photo Vera Kochan

By Vera Kochan

The Parks and Recreation Department will reduce facility rental rates for the Hacienda de las Flores effective July 7.

According to Parks and Recreation Director Breyana Brandt, the decision to lower hourly rates was made “to boost revenue and keep the space activated.” The event rental season has also been expanded to include the month of April.

The Hacienda kitchen rental fees will be reduced to \$30 per hour for all renters (nonprofit, private and com-

mercial), a substantial decrease from \$40, \$45 and \$110 respectively. The kitchen staging fee, currently a \$60 flat rate for all renters, will be eliminated completely.

The Casita, while currently closed for renovations thanks to the generous \$120,000 donation from the Hacienda Foundation of Moraga, will reopen by late August to welcome the Moraga Day Camp. The Casita’s hourly rental rates will be \$35 nonprofit, \$40 private and \$85 commercial. Brandt noted, “After the Casita repairs, we’ll still have money left to work

on the gas inserts for the fireplaces in the Hacienda and Pavilion.”

Also available for rental is the La Sala facility. Most often used for birthday parties and classes, La Sala comes equipped with a residential-sized kitchen. Hourly rental rates are \$35 nonprofit, \$40 private and \$85 commercial.

With reduced facility rental rates in a historic and beautiful setting, residents and out-of-towners can make their special occasions more memorable with an event at the Hacienda de las Flores.

The Moraga Community Faire – an unofficial marker for the start of summer

By Vera Kochan

Moraga residents came out to the Community Faire on May 11 to soak up the sun and partake of a little bit of town camaraderie.

Held in the parking lot of the Rheem Shopping Center, there was something for everybody to enjoy. The Classic Car Show boasted nearly 70 cars on display; community organizations and businesses had booths with giveaway items; the Moraga-Orinda Fire District displayed a fire truck with all of

its doors and panels open for a closer look; food trucks and booths offered an assortment of mouthwatering delicacies; and for the kids, a gigantic inflatable slide with games and pony rides. One 5-year-old, Adi, was thrilled with her turn on a pony, admitting that it wasn’t her first time on horseback.

With smiles in abundance and good cheer all around, the Moraga Community Faire is just another reminder of what’s great about this town.



Rides and games for the kids

Photo Vera Kochan

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City to revise financial policies for 2019-20 fiscal year

By Nick Marnell

The Orinda City Council authorized Finance Director Paul Rankin to update the city's general fund reserve policy and to create a retiree health care trust as part of the staff preparation of the 2019-20 city budget.

The current Orinda general fund reserve policy features a formula that sets the target reserves at \$5 million plus 20 percent of general fund revenue in excess of \$10 million. According to a city staff report, the policy "requires additional interpretation in order to identify the results of the computation." According to Rankin, the

policy is hard to relate to.

Based on the recommendation of the city Finance Advisory Committee, Rankin proposed changing the general fund reserve policy formula to simply 40 percent of annual city expenditures. He said he preferred basing the calculation on expenditures because revenue is less stable and less controllable as a benchmark.

How much money should sit in a reserve fund? Public agencies walk a fine line, as they are not supposed to hoard public money yet they need a contingency fund for emergencies, like the Miner Road sinkhole. It's all about risk assessment,

risk tolerance and what is reasonable, Rankin said.

"Looking at your gas tank, if you're going to Walnut Creek you probably aren't going to worry about where it is. If you're going to Tahoe in the middle of winter, you're going to be a little more concerned," Rankin said at the May 7 city council meeting.

"Putting money into a reserve isn't getting something done. But, it shifts the focus to a longer term from the short term."

As of June 30, the city general fund reserve balance sat at \$5.5 million under the current formula. Using the proposed calculation, the reserve balance would show \$5.4 million.

Though Orinda has no defined benefit pension plan for its employees, it does provide health care benefits for its retirees. However, the city has never set aside money to pay for future benefits, resulting in an unfunded retiree health care liability of more than \$400,000 as of June 30.

Again based upon an FAC recommendation, Rankin proposed that the city create a retiree medical benefits trust fund, with an initial contribution of \$80,000 from the general fund and annual payments of between \$10,000 and \$20,000.

"It's the responsible thing to do," Rankin said.

Orinda homeowner seeks historical landmark status for Neutra home

The Orinda City Council May 7 took the next step toward designating the Nelson House, 511 Miner Road, as a city historical landmark. The structure features a distinct 1950s design by architect Richard Neutra, known for his geometric but airy structures that symbolized a west coast variation on the mid-century modern residence.

The home is a key remnant of a critical time in the history of Orinda, according to the city planning department, when many houses of this modernist style were constructed around the city.

The structure is one of only 13 remaining Neutra-designed buildings in the Bay Area, and includes many distinct features this architect was known for.

"This is something I wanted to do, especially considering the destruction of a Neutra house in San Francisco," said owner S.B. Master.

The council plans to adopt the historical landmark ordinance at its May 21 meeting.

- Nick Marnell



Photo provided

Orinda Public Meetings



City Council

Tuesday, May 21, 7 p.m. Regular Meeting

Library Auditorium, Orinda Library, 26 Orinda Way

Planning Commission

Tuesday, May 28 7 p.m.

Library Auditorium, Orinda Library, 26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, June 12, 6:30 p.m.

Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563

Orinda Union High School District Board Meetings

Monday, June 3, 6 p.m.

Regular Board Meeting

8 Altarinda Rd., Orinda

www.orindaschools.org

See also AUHSD meeting page A2

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Del Rey Elementary School installs colorful shade sails courtesy of a grant



Photo Sora O'Doherty

Former Orinda dermatologist Maryam Mandana Asgari, MD, FAAD, was instrumental in obtaining a grant from the Academy of Dermatology, which was used to install shade sails at Del Rey Elementary School. She was joined by OUSD Superintendent Carolyn Seaton and board member Cara Hoxie.

By Sora O'Doherty

Thanks to the dedication of a former Orinda dermatologist and the ingenuity of Orinda Union School District's Director of Facilities Stuart House, Del Rey Elementary School has installed shade

sails to create an outdoor learning space adjacent to the school's new modular classroom buildings. The OUSD was the recipient of a \$8,000 grant from the American Academy of Dermatology.

At a ribbon cutting ceremony for the new shade installation, House explained that most shade structures are

installed with structural connections to the ground. Unfortunately, such structures start at about \$20,000 and require additional expenditures for architects and soil engineers, he said. In order to use the grant to install some shade, House came up with the idea of shade sails that would be attached to the buildings and not the ground. The colorful sails which now form a permanent shade structure over the outdoor learning space came in at about \$8,100.

Del Rey Elementary was one of only four organizations in California to receive a grant this year from the AAD's Shade Structure Program. There were 26 recipients nationwide. Board President Hillary Weiner noted, "On behalf of the Orinda USD board of trustees, I thank the AAD for this generous grant that has provided attractive and protective shade structures at Del Rey Elementary School. Having this shaded area available gives Del Rey teachers increased flexibility to use outdoor learning spaces as a natural extension of the curriculum while ensuring student safety from overexposure to the sun."

Children and teens are especially vulnerable to the damaging effects of the sun because of their time spent outdoors. Seeking shade is an easy way to reduce the risk of skin cancer. In addition to seeking shade, the Academy recommends everyone protect his or her

skin from the sun by covering up and wearing broad-spectrum sunscreen with an SPF of 30 or higher.

While skin cancer is highly treatable when caught in its earliest stages, it can be deadly. Melanoma, the deadliest form of skin cancer, is now the most common form of cancer for young adults 25-29 years old, and the second most common form of cancer for adolescents and young adults 15-29 years old. The Shade Structure Program is part of the AAD's SPOT Skin Cancer campaign to reduce the incidence of skin cancer by educating the public about effective skin cancer prevention tips.

Principal Kirsten Theurer expressed her appreciation to the Academy of Dermatology and to Dr. Maryam Asgari specifically for making the grant possible. Former Orinda dermatologist Maryam Mandana Asgari, MD, FAAD, a member of the Academy, sponsored the grant application. Asgari recently moved to Boston, Mass., to practice surgical dermatology at Massachusetts General Hospital, but flew back from Boston to cut the ribbon at the dedication ceremony.

Before the ribbon was cut, Sam Cao, a fifth-grade student at Del Rey, performed a beautiful violin solo for the assembled guests.

Info: To learn more about the Shade Structure Program or for ways to prevent and detect skin cancer, visit www.SpotSkinCancer.org.

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MOFD honored by Bay Area Red Cross



MOFD's Kathy Leonard and Dennis Rein Photo courtesy MOFD

By Nick Marnell

With all of the media coverage of the potential for wildfires, at least one organization wants to remind residents that fires can also ignite inside the home, and urges preparation on that level as well.

The American Red Cross recognized the Moraga-Orinda Fire District for its efforts in educating the public about home fire safety as the organization kicked off its Sound the Alarm campaign, which will attempt to install smoke alarms for those who cannot afford them or are physically unable to install them. Fire Marshal Kathy Leonard and Emergency Preparedness Coordinator Dennis

Rein accepted the award for the district.

"We wanted to honor the nine Contra Costa County fire districts for what they do – including little things like educating the public on the installation of fire alarms," said Bay Area Red Cross board member Briana Taylor.

"We have had two fire fatalities in the last two years and neither home had a functioning fire alarm," Leonard said. "It's super important to have a working fire alarm for the early detection of a fire – especially with how fast interior fires burn."

Taylor bemoaned the fact that it sometimes takes major news stories to remind people of the impor-

importance of fire prevention. "It's when tragedies like these happen that people will install an alarm," she said. "A fire alarm saved the life of a man in Santa Rosa. It woke him up and he was able to escape his burning mobile home."

And that prompted Taylor to also stress the importance of creating a fire escape plan. "A smoke alarm is great, but you've got to be able to get out," she said.

To qualify for a free smoke alarm, sign up at the American Red Cross website to request a visit from the Home Fire Preparedness team, who will provide fire safety information and free smoke alarms. "Call us and we'll come out and put them in," Taylor said.

McAlister appointed ConFire deputy fire chief



Photo courtesy ConFire
Aaron McAlister

By Nick Marnell

When former Contra Costa County Fire Protection District Chief Jeff Carman departed in March, he praised his relationship with Deputy Chief Lewis Broschard, who succeeded Carman as fire chief. "I hope he gets a deputy chief that he can count on as much as I have," Carman said at his retirement ceremony.

Broschard did not waste any time, as ConFire announced the May 1 appointment of Assistant Fire Chief

Aaron McAlister as the district deputy fire chief. In his new role, McAlister will supervise the operations of the 400-employee fire organization, reporting directly to Broschard.

"I'm honored to be selected for this incredible and challenging leadership position for one of the busiest fire districts in the state," McAlister said in a statement. "While we have accomplished much for the citizens we serve in recent years, significant challenges remain and I look forward to

working with our team and community leaders to ensure we continue to deliver the very best emergency services anywhere."

"Chief McAlister has more than demonstrated his potential for the challenges of this leadership role since joining the district as assistant chief of support services in 2016. I look forward to his continued contributions as deputy chief," added Broschard.

According to the district, McAlister is a certified and qualified Type 3 incident commander and was recently appointed as an incident commander for the East Bay Incident Management Team, serving Contra Costa and Alameda counties. He is the alternate California Office of Emergency Services, Region II mutual aid coordinator, as well as the alternate

operational area coordinator for Contra Costa County.

"With Fire Station 16, we are in the home stretch," said McAlister, speaking to Lafayette residents. "Landscaping, paving and some tile work remain to be done, and we hope to occupy in early June."

The deputy chief stressed that Lafayette has the potential for a major wildfire disaster, which is why the district has invested in Fire Station 16 and the early staffing of Engine Company 16 prior to the opening of the new building. He urged Lafayette residents to do their part and to sign up for the Contra Costa County Community Warning System, and to maintain defensible space around their homes.

"Give us a chance to save your property," McAlister said.

Fire District Public Meetings

Moraga-Orinda Fire District
 Board of Directors
 Wednesday, May 15, 7 p.m.
 Go to the website for meeting location, times and agendas.
 Visit www.mofd.org



ConFire
 Board of Directors
 Tuesday, May 21, 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

April 21 - May 4

Alarms 68
 911 Calls (includes hang-ups) 13
 Traffic 159
 Suspicious Circumstances 10
 Suspicious Subject 30
 Suspicious Vehicle 28
 Service to Citizen 55
 Patrol Req./Security Check 38
 Vacation House Check 25
 Supplemental Report 24
 Welfare Check 23

Vehicle violations

Auto Burglary
 4000 Block Mt. Diablo Blvd.
 Hit And Run Misdemeanor
 3400 Block Mt. Diablo Blvd.
 Brook St./Hough Ave.
 Mt. Diablo Blvd./Moraga Rd.
 Reckless Driving
 Mt. Diablo Blvd./Willow Dr.
 Moraga Rd./Rimrock Rd.
 Pleasant Hill Rd./Acalanes Ave.
 Rimrock Rd./Moraga Rd.
 1St St./Golden Gate Wy

Oak Hill Rd./Eb Sr 24
 Stolen Vehicle Recovery
 20 Block Camino Ct.

Other criminal activity

Commercial Burglary
 3300 Block Mt. Diablo Blvd.

Fraud False Pretenses
 4000 Block Woodside Ct.
 800 Block Avalon Ct.
 800 Block Oak St.

Grand Theft
 Police Department
 4100 Block Happy Valley Rd.
 1100 Block Brown Ave.

Identity Theft
 600 Block St. George Rd., Dan

Misc Burglary
 3300 Block Mt. Diablo Blvd. (3)

Petty Theft
 3400 Block School St.
 10 Block Diablo Cr.

Robbery Armed
 3500 Block Mt. Diablo Blvd.

Shoplift
 3600 Block Mt. Diablo Blvd. (3)
 3500 Block Mt. Diablo Blvd. (3)

Nuisance to the Community

Disturbance-Domestic
 3600 Block Happy Valley Rd.

Drunk In Public
 3500 Block Mt. Diablo Blvd. (4)

Harassment
 3300 Block Orchard Valley Ln.
 3300 Block Mt. Diablo Blvd.

Loud Music
 3500 Block Mt. Diablo Blvd. (2)

Loud Party
 600 Block Huntleigh Dr. (2)
 Camino Vallecito/Vallecito Ct.
 1000 Block Carol Ln.

Phone Harass
 1000 Block Upper Happy Valley Rd.

Public Assembly Check
 3500 Block Mt. Diablo Blvd. (2)

Public Nuisance
 Ameno Dr./Pleasant Hill Rd.
 1000 Block Dewing Ave. (3)
 3600 Block Mt. Diablo Blvd. (2)

School Assembly Check
 1200 Block Pleasant Hill Rd. (8)
 500 Block Merriewood (4)
 900 Block Moraga Rd. (2)
 3800 Block Happy Valley Rd. (2)
 900 Block Risa Rd.

Vandalism
 3300 Block Springhill Rd.
 4100 Block Los Arabis Dr.
 1000 Block Leland Dr.

Other

Animal Cruelty
 3300 Block Mt. Diablo Blvd.
 3500 Block Moraga Blvd.

H&S Violation
 3500 Block Mt. Diablo Blvd.

Neighbor Dispute
 500 Block Michael Ln.

Panhandling
 Mt. Diablo Blvd./Oak Hill Rd.

Prom Shoot
 10 Block Springhill Ln.
 Springhill Ln./Springhill Rd. (2)

Threats
 1000 Block Carol Ln.
 600 Block Los Palos Dr.
 1200 Block Pleasant Hill Rd.
 3500 Block Plaza Wy

Trespass
 1000 Block Sierra Vista Way
 3400 Block Mt. Diablo Blvd.
 1000 Block 2Nd St.

Unwanted Guest
 3500 Block Mt. Diablo Blvd. (2)

Moraga Police Department Incident Summary Report

April 23 - May 5

Alarms 12

911 Calls (includes hang-ups) 9

Traffic 64

Suspicious Circumstances 16

Suspicious Subject 3

Suspicious Vehicle 6

Service to Citizen 41

Patrol Req./Security Check 28

Supplemental Report 28

Vacation House Check 7

Welfare Check 4

Vehicle violations

Auto Burglary
 1400 Block Camino Peral
 90 Block Miramonte Dr.

DUI Misdemeanor
 Ascot Dr./Moraga Rd.
 600 Block Moraga Rd.
 10 Block Calvin Ct.

Excessive Speed
 Moraga Rd./Lucas Dr. (3)
 Moraga Rd./Corliss Dr.
 Moraga Commons Park (4)
 Camino Pablo Canyon Rd
 St. Marys Rd./Moraga Rd
 600 Block Moraga Rd.
 Larch Ave/Wandel Dr
 Moraga Rd./Corliss Dr. (7)
 Moraga Rd./Ascot Dr. (2)
 Moraga Way/Country Club Dr.
 Not Available
 700 Block Moraga Rd. (2)
 Devon Dr./Moraga Rd.

Exhibition Of Speed
 1000 Block Larch Ave.

Hit And Run Misdemeanor
 Police Department
 Campolindo High School

Reckless Driving
 Calle La Mesa/Paseo Del Rio
 Corliss Dr./Camino Ricardo
 St. Marys College
 Moraga Rd./St Marys Rd.

Tc - Property Damage
 Campolindo High School
 Rheem Theater

Vehicle Theft
 20 Block Hour Fitness

Other criminal activity

Battery Sexual
 Campolindo High School

Burglary
 20 Block Hour Fitness

Identity Theft
 Police Department (2)

Residential Burglary
 200 Block Paseo Bernal

Nuisance to the Community

Disturbing The Peace
 Moraga Commons Par

Indecent Exposure
 1800 Block Camino Pablo

Loud Music
 200 Block Paseo Bernal

Loud Party
 1900 Block Ascot Dr.
 Bollinger Canyon Rd./St. Marys Rd.

Public Nuisance
 Blaine Cir./Brookfield Dr.

Other

Mentally Ill Commit
 St. Marys College

Neighbor Dispute
 1900 Block Ascot Dr.

Phone Harass
 400 Block Fernwood Dr.

Prom Shoot
 300 Block Birchwood Dr.
 1500 Block St Marys Rd.

Suicide Attempt
 300 Block Tharp Dr.

ORINDA POLICE

Orinda Police Department Incident Summary Report

April 21 - May 4

Alarms 62

911 Calls (includes hang-ups) 8

Traffic 58

Suspicious Circumstances 4

Suspicious Subject 8

Suspicious Vehicle 12

Service to Citizen 55

Patrol Req./Security Check 15

Vacation House Check 2

Supplemental Report 12

Welfare Check 3

Vehicle violations

Accident Injury
 Camino Sobrante/El Ribero

Dui Misd
 Moraga Way/Camino Pablo

Hit And Run Misdemeanor
 Glorietta Elementary School

Reckless Driving
 Camino Pablo/Bear Creek Rd.

Police Department
 Wagner Ranch Elementary
 San Pablo Creek/Orinda Way
 Camino Pablo/Orinda Way
 Moraga Way/Ivy Dr.

Other criminal activity

Fraud False Pretenses
 20 Block Irwin Way

Grand Theft
 600 Block Tahos Rd.

Identity Theft
 10 Block Snowberry Ct.
 10 Block Highland Ct.

Petty Theft
 50 Block Las Cascadas Rd.

Robbery
 2400 Block Stockridge, Oakland

Shoplift
 CVS

Warrant Arrest
 Camino Pablo/Brookwood Rd.
 Chevron

Nuisance to the Community

Barking Dog
 100 Block Leslee Ln. (2)

Disturbing The Peace
 10 Block Valley Ct.

Village Square Shopping Center

Loud Noise
 200 Block Orchard Rd.
 10 Block Totterdell Ct.

Loud Party
 300 Block Camino Sobrante

Public Assembly Check
 20 Block Orinda Way
 20 Block Orinda Way
 10 Block Camino Sobrante

School Assembly Check
 Miramonte High School (3)

Other

Accident Property
 100 Block Ivy Dr.

CVS
 Miramonte High School
 Altamont Dr./Moraga Way
 Santa Maria Way/Orinda Way
 Moraga Way/Glorietta Blvd.

Impersonation
 Wb Sr 24 At Fish Ranch Rd.

Ordinance Violation
 10 Block Spring Rd.

Other Felony
 10 Block Sycamore Rd.

Prom Shoot
 700 Block Miner Rd.

Threats
 20 Block Eastwood Dr.

Unauthorized Possession
 Chevron



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Behind the scenes of Moraga Library events

... continued from Page A4

From June 8 to Aug. 8 the county library system is hosting its Summer Reading Program designed to get kids, teens, adults and seniors to read more and participate in all of the county library offerings. The theme this year is "Take Me to Your Reader," with an overall space theme in honor of the 50th anniversary of the moon landing.

Schnitzer explains, "Libraries will pass out reading records (passports) with spaces to track reading and other activities. All summer reading finishers (those who have filled out their passport and turn it in to a library or submit it online) are given a free book and entered into a countywide drawing." The passports and prizes will be age appropriate.



Photo Vera Kochan

Moraga librarians, from left: Michael Goldman and Nirit Schnitzer.

Info: For more information about Daniel Hanel, visit www.danhanel.com. To find out what other events are on the horizon visit <http://ccclib.org> and click onto the library location you're interested in to check out their events calendar.

For information on the Summer Reading Program visit <http://ccclib.org/reads/summerreading/>. The Moraga Library's events are free, but some programs may require preregistration. Check the event's details for more information.

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Artisanal bakery rises in Moraga



Rise Bakehouse owner Tom Kelly

Photo Sora O'Doherty

By Sora O'Doherty

Taking a leap of faith, Tom Kelly has quit his corporate job in financial services and started a bread business out of his home in Moraga. But Kelly looked before he leaped, for two years taking classes at the San Francisco Baking Institute on bread and viennoiserie (baked goods containing yeast). The school offers classes for students who wish to bake professionally. After two years, Kelly was ready to go out on his own.

His business is Rise Bakehouse, and Kelly is baking from his licensed kitchen in Moraga. Currently he is selling his breads both to a café in San Francisco, and via a subscription delivery service. Loaves are also available to pick up at Neighbors Café in San Francisco.

Right now, it looks like Kelly's leap is paying off, because his subscription list is already full, according to his website.

Rise Bakehouse is, according to Kelly, "dedicated to providing slow fermentation, organic, handmade sourdough breads to our lo-

cal community." Moraga residents can now have fresh bread delivered to the door, and pickup locations for other Lamorinda residents will be coming soon.

Kelly currently does all his baking from his house in Moraga, which he had licensed last year, and he has an agreement with Canyon Club to do his baking in their kitchen when the new facility opens. While planning to move into a commercial kitchen, Kelly looks to open his own bake house in Lamorinda. His innovative approach involves customers going to his website and signing up to have bread delivered Tuesdays or Fridays by subscription. Subscribers can choose whether they want to receive specific breads or a rotating selection.

Kelly's bread is not inexpensive; a subscription will run \$8 to \$9 per week, depending on the bread selected. But Kelly explains that the organic flour he buys from Central Milling in Petaluma is healthier, and more expensive by about 50 percent. "Better flour has more healthy assets," he explained, and in addition,

naturally leavened loaves, such as he bakes, are more easily digestible because the gluten gets broken down during the long rising.

Kelly is currently baking five different types of bread, all based on sourdough: sourdough batard – organic flour, water and salt; kalamata olive sourdough batard – with olives straight from his garden; whole wheat sourdough batard – 100 percent whole wheat organic flour, water and salt; and cranberry walnut sourdough batard – 100 percent whole wheat organic flour organic walnuts, cranberries and raisins. He also bakes a child-friendly sandwich bread, also known as sourdough pain de mie. Subscribers can choose from loaves with 100 percent white flour, 100 percent whole wheat flour, or half and half.

Kelly's wife, Liz, a writer, also gave up her own small business in San Francisco when they decided to move to the East Bay and is starting something new as the couple also raises their two school-age children.

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Letters to the editor

The climate crisis

Contrary to what we constantly read in the local newspapers, the real crisis is climate change, not a housing shortage. Climate change and its companion issues, climate engineering and methane expulsion have enormous negative repercussions.

The planet, climate, environment, infrastructure, transportation systems all have real physical limits. In the Bay Area, those limits have already been exceeded. More housing will just make matters worse.

Climate change is not a linear proposition. Much of the biosphere has already been destroyed. Yet even more housing

and its associated development will add to the climate's destruction.

The insane legislation put forward by Sacramento's developer funded politicians in SB 50 (Transit housing) and AB 1487 (Bay Area Housing) will further accelerate the climate's destruction. Physical resources are finite. Continued growth is no longer sustainable.

Climate change is not tomorrow's problem. Research the issues. Connect the dots. The repercussions are huge and disastrous.

Chris Kniel
Orinda

A thanks to the town of Moraga

I'm 16 years old and am a Scout with Troop 212. I just wanted to compliment the Town staff and Council for the wonderful job they are doing to keep Moraga a wonderful place to live. It is such a great little oasis in Contra Costa and I love living here.

Moraga Commons Park is always so well taken care of and is so beautiful. I would love to see some more variety in the restaurants here, but other than that it's great.

Thanks again.

Matt Scheve
Moraga

Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence -- we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters must be factually accurate and be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O. Box 6133, Moraga, CA 94570

Hassle-free transportation information event for commuters

By Vera Kochan

In an effort to save Lamorinda commuters time and money with transportation options, the Moraga Chamber of Commerce is planning a Transportation Information Event from 4 to 6 p.m. Tuesday, May 28 at the Moraga Country Club, 1600 St. Andrews Drive in Moraga.

Designed to be a comprehensive, informational forum

for employers, employees and the public, Chamber Executive Director Kathe Nelson says the event will have exhibitors there to educate attendees about the complete range of transportation alternatives and related support programs available to aid them in their commute.

Planned exhibitor 511 Contra Costa can help commuters plan a bike route, choose public transit options,

provide instruction on how to take advantage of HOV Lanes or HOT Lanes and hook drivers up with rideshare options such as Scoop, Waze, Uber Pool, Lyft Line and more. Other exhibitors include County Connection, BART, and the Bay Area Air Quality Management District.

The event is free and no advance reservation is required. Light refreshments will be provided to attendees.

Lamorinda divers score at NCS, three head to state meet



From left: Deivi Moretti, coach Will Haynes, Josiah Klock and Daniel Zabronsky

State qualifier Jackie Samaniego, fourth from left.

Photos provided by Stephanie Klock

... continued from Page A1

Moretti drew his inspiration from the talent at the meet: "It was a stressful competition with a lot of good divers and I knew I had to do clean dives and score well consistently. All the divers cheer and encourage each other." He is particularly looking forward to the state tournament after injuring himself at the finals last year while warming up.

Haynes has seen constant improvement from Moretti: "Deivi has been to NCS all four years. He's one of the highest divers I've ever seen off the board. He is very artistic and well rounded."

As a senior, Samaniego brought the combination of attitude and effort to the tournament: "Last year at state, I was intimidated and this year I will focus on my-

self and enjoy the tournament. The competition is my friend. I dive five days a week for two hours and some days I will invest two hours on dry land."

Samaniego, who became a diver after suffering injuries during gymnastics, is doing great, said Haynes: "Jacqueline is a very strong diver and is at the peak of her high school career and I look forward to seeing her dive next year at Cal Poly San Luis Obispo."

To qualify for this event as a freshman and sophomore is a real tribute to Dunlavey and Zabronsky. Haynes is excited at the potential that Zabronsky showed this year: "Daniel really pushed himself and cleaned up his dives, said Haynes. "He really figured out his body. For Alexia to make it to the NCS level as a

freshman is a great accomplishment. She's young and has a great future."

Dunlavey has also been working at Sherman Diving in Lafayette. Steve Sherman sees a great future for her: "Alexia has come a long way and has a lot of potential. She has great form and strength and has been working on her balance. Being a former gymnast has helped her in many ways."

Tang came into the tournament at less than full strength having just got over the flu but still had a perpetual smile on her face: "There was a lot of spirit here and everyone was cheering for everyone. It's a very friendly environment. You can talk to the other divers between dives. I'm looking forward to coming back next year."

Sherman has also been working with Tang and ap-

preciates her talent and demeanor: "Hayley is a beautiful diver and an awesome student. She is a strong diver and is great to work with. She walks in the door and is very calm and relaxed. She is a joy to be around."

Diving is obviously more than just jumping off a board, said Haynes: "You have to know your body and to be able to understand in a split second what you did right or wrong and that takes a lot of discipline to develop that skill. It all starts with the right foundation on the board along with strength in the legs, the core, the arms and shoulders."

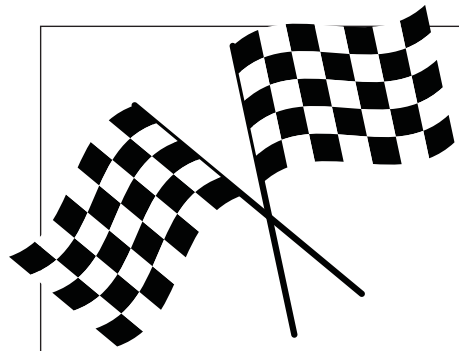
Then there is the mental aspect of diving. Besides strength, Sherman speaks of the need for divers to have "confidence, courage and grace and proprioception (knowing where the parts of

your body are)."

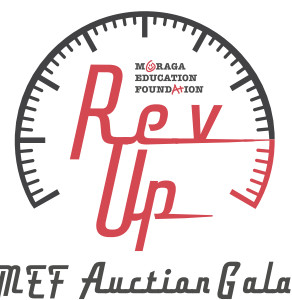
Haynes approaches each diver individually: "I have to know and feel out each athlete whether to push them or not. When they try a new dive, I want to instill confidence in them so they know that they have got it physically and mentally."

His efforts have not been lost on his divers. "Will is a great coach," said Dunlavey. "He understands diving and gives us great feedback." Moretti spoke of how "he gave us a lot of advice during the meet." Klock appreciated that "Will had a good balance between pushing us and giving us space."

At the state meet, Samaniego finished in 12th place, while Moretti finished in 23rd place and Klock finished in 25th place.



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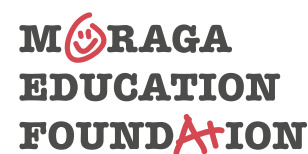
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Event focuses on fire prevention and evacuation strategies

Submitted by
Kathryn Ishizu

Lamorinda Village, a non-profit support network for seniors, will host a workshop May 31 outlining the history of wildfires and their impact on the local area.

While the hills are green and beautiful right now in Lamorinda, in a couple of weeks, there will be a shift: hills will be golden and dry – still beautiful, but with an underlying threat.

Adding to the golden hills are the brush and vegetation along the semi-rural bucolic back lanes. Due to advanced firefighting methods, this brush and vegetation has not been cleared by the natural fire cycle and in some areas has grown to heights that reach the trees.

During the fall, when the ground is at its driest, this area experiences fierce north-to-south winds. These dry gusts (similar to the Santa Ana winds in Southern California) come from

the hot Sacramento Valley and carry no moisture.

The combination of dry brush tinder, rolling hills of fuel and great gusting winds is a recipe for a colossal fire like those that devastated communities throughout California in recent years.

In order to prevent future disastrous fires, California's Department of Forestry and Fire Protection, known as Cal Fire took a look around California and determined that fuel-reduction (thinning vegetation) along an 11-mile stretch of land at the north edges of Orinda and Lafayette would be one of the top priorities in the state. This designation comes with relief that something will be done but it also reminds us that we are deemed a top priority "High Fire Hazard Severity Zone."

In last year's Camp Fire in Paradise, many of those who perished were elderly or had limited mobility. Emergencies like this pre-

sent a special challenge to seniors. About 20 percent of the population in Lamorinda is over 65 and that number is growing. Many seniors have set deep roots here having raised children and made lasting friendships in this supportive community. This is home.

Jerry Kent of East Bay Regional Parks will give a visual presentation on the history of wildfires in the Lamorinda area, followed by Dennis Rein of the Moraga-Orinda Fire District, who will discuss the district's top priority, the North Orinda Fuel Break at 1:30 p.m. May 31 at the Lafayette-Orinda Presbyterian Church at 49 Knox Drive in Lafayette. Local law enforcement will also be present to discuss prevention and evacuation plans. For the residents of Lamorinda, especially seniors, awareness and preparation will hopefully give us an advantage.



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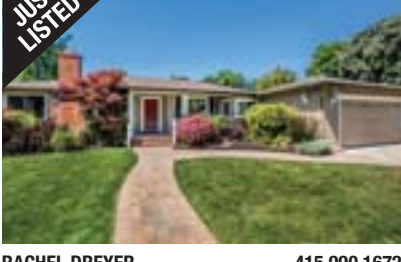
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~ Life in LAMORINDA ~

Cal Shakes' new season opens May 22



Images provided

By Sophie Braccini

As the days become longer and the Orinda woods more enticing, Cal Shakes actors get ready to take over the verdant space of the Bruns Amphitheater for its 28th season. Executive Director Eric Ting and his team offer four plays this season, exploring traditional and modern classics through the lens of modern themes such as gender bias or climate change. As usual, it will be half Shakespeare and half new plays that, like "Black Odyssey" in the previous season, are written by contemporary playwrights, embracing our reality with timeless themes.

Ting explains that the season's tone is his responsibility, but that he involves the entire team in a collaborative effort. He adds that his vision of Cal Shakes is that of a theater, not a museum. "We have to reinvent things and build bridges, we give this timeless work to be heard through contemporary ears," he says. For himself, he adds that he gets to revisit these stories at different points of his life, and they hold a different meaning each time.

"A Midsummer Night's Dream" opens the season as a conversation with the natural world. Ting says that Tyne Rafaeli's direction is thought with contemporary audiences in mind, emphasizing the humor and wit of the play where young lovers lost in the woods are confronted with an upside down world. Ting says that the first Shakespeare play he saw was "A Midsummer Night's Dream," and his first Shakespearean role was Bottom. As the team under his direction composed the program for this season, the "Dream" came as an obvious choice because of the gender and nature themes in the beloved play.

"The Good Person of Szechwan" will be the first Bertolt Brecht play performed at Cal Shakes. It will be directed by Ting, who says that Brecht exemplifies what he is looking for in

non-Shakespeare authors: a theatrical vision that shares the present of the audience and carries a political message. Ting adds that this play is in a way about the gender differences and wealth gaps between different strata of society, something that he is very sensitive to in our own Bay Area. The central character in "The Good Person" has to create a male cousin alter ego in order to defend herself in the community she is living in. The play is also a reflection on the nature of human society and the (im)possibility to do good, a complex and timely question.

"House of Joy," the third play this year, fulfills Cal Shakes' promise to support local playwright talents. This play by Madhuri Shekar is what Ting calls a new classic. The action takes place in a harem in India in the 17th century; in the words of Ting it is "a company of women kicking ass." Tension is created between what is supposed to be a perfect paradise world inside the harem and the world outside. The central character is a female guard, who understands what her role and responsibilities are to her sisters, but there are choices to be made. This is the third play by a female playwright that Cal Shakes has produced.

The last play is "Macbeth," with a Filipino-American director from the Bay Area, Victor Malana Maog. Ting says that "Macbeth" was chosen as one of Shakespeare's plays where strong women are celebrated. It is also a conversation about the consequences of our actions, and the aftermath of desire; Ting adds that the play also sheds light on what celebrity does to one person.

This season is Ting's third full season as executive director. For Ting, who learned English as a second language, Shakespeare is about the discovery of language and poetry. He has made central to the mission of the company to bring this

experience to a non-traditional audience.

"A Midsummer Night's Dream" opens in the Bruns Amphitheater on May 22 and will run through June 16. Information can be found at <https://calshakes.org/>.



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Sunset at Cayucos beach

Photos Fran Miller

By Fran Miller

For the past five years I've driven back and forth to Santa Barbara countless times. I might stop in Paso Robles for lunch on the square, or perhaps in San Luis Obispo for a High Street Deli sub. But never have I passed over the mountains that divide Highway 101 with Highway 1. Big, big mistake. The stretch of coast between Big Sur and Santa Barbara, known as Highway 1 Discovery Route SLO CAL, is remarkable for its beauty and the variety of its charming towns. Jump on at any point within its 101 miles and find expansive beaches, quaint hotels and restaurants, bike paths, room to breathe – and little traffic. This is a side of California long thought lost and gone forever. But it's real, and it's spectacular. Explore with your partner, with your family, or go solo (as did I) for a personal retreat that will leave you feeling revitalized and refreshed. Here's a suggested itinerary:

Day 1: An overnight stay in Paso Robles places you in a prime starting point. Allegretto Vineyard Resort is an Italianate wonder filled with artifacts and objects d'art and is surrounded by vineyards, the product of which can be sampled in the on-site tasting room. A pool, bocce court, and

fleet of bikes provide afternoon activity and plush beds allow for a restful sleep prior to your Highway 1 exploration.

Day 2: Head over State Route 46 and its rolling green hills to Highway 1 and take note of the Paso wineries along the way. (You might want to hit a few on the way back.) First stop, a trail ride at Covells California Clydesdale Ranch where gentle giants lead guests to views of the Pacific Ocean. Afterward, bee-line to Cambria's Main Street for the legendary Olallieberry pie at Linn's Restaurant, a Cambria institution. Then, head just a few miles north to San Simeon for an afternoon tour of Hearst Castle where the display of William Randolph Hearst's immense wealth continues to stupefy. Head south again for afternoon wine tasting at Stolo Vineyards, Cambria's only estate winery. Bring a snack and enjoy your sips within Stolo's bucolic garden. Then, it's off to the captivating town of Cayucos and check-in at Cass House. (Reserve room 4 for its large terrace overlooking the Pacific.) This charming five-room inn was the former home of the small seaside community's founder, and has been lovingly restored by owner Traci Hozie. She and her sister, Christa, also own Brown Butter Cookie Com-

pany, one of Cayucos' main attractions located just a few steps down the street. (Stop in for samples.) Enjoy dinner at The Grill and in the morning dine on sticky buns, muffins and scones at The Bakery.

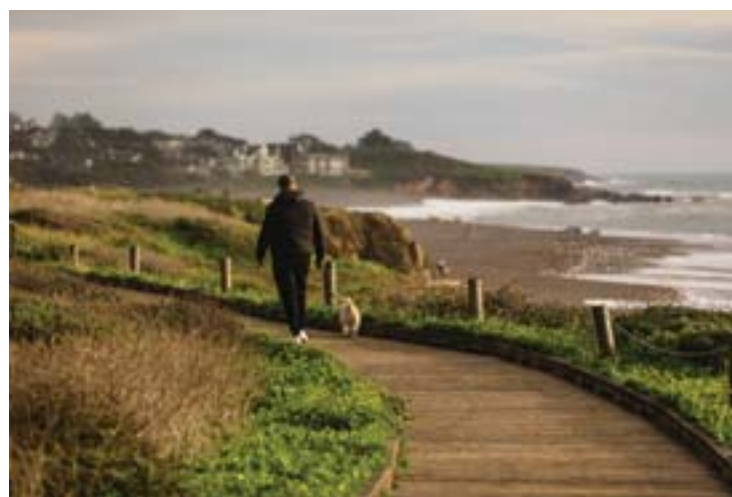
Day 3: Continue south on Hwy 1 through Morro Bay and San Luis Obispo to Avila Beach. This idyllic seaside enclave features not only surf and sand, but also verdant greenery, a golf course, and an epic bike path, best meandered via electric bike rented at Pedego on First Street. The power boost allows for exhilarating exploration; charge any hill with ease for ultimate vantage points. Later, treat yourself to a soak at Sycamore Mineral Springs Resort where 23 private hot tubs dot the oak tree-canopied hillside, each bubbling with naturally heated mineral spring water. Check in at oceanfront Avila Lighthouse Suites where every beach-themed, spacious suite features a patio or balcony with ocean views, and where fresh cookies await at check-in. From here, you're within walking distance of the quaint surf shops and restaurants along Front Street. For dinner, try Blue Moon Over Avila and behold the spectacular sunset that is served with your citrus ceviche and sauvignon blanc.



Sebastian's in San Simeon



Linn's in Cambria and Linn's Olallieberry Pie



Boardwalk in Cambria



Sea bird in Los Osos

The history behind the cork oaks on SMC campus



Photo John T. Miller

SMC Grounds Manager Kevin Friesen with Brother Mel Anderson, FSC, in the shade of a cork oak.

By John T. Miller

Enquiring minds have wondered: How did there come to be 20 mature cork oak trees lining the entryway into Saint Mary's College, providing shade on the large expanse of lawn in front of the Chapel?

For the answer, this reporter turned to Brother Mel Anderson, who came to

Saint Mary's in 1969 and served as president of the college until 1997. Brother Mel, as he is called, said he could not verify the story, but it went something like this:

"When the World's Fair on Treasure Island ended around 1940," he begins, "the organizers gave away all the plants that were used but could not be put into the

ground on the island. Saint Mary's was the recipient of many of these plants, including the cork oaks that were planted leading to the west side of the Chapel."

By the time Brother Mel got to the college, the trees had grown to maturity. He felt that the entrance looked unbalanced, so, sometime in the mid-'70s, he authorized the purchase of 10 more

cork oaks to plant along the eastern side of the grassy area.

Now, the Chapel Loop is in agreeable symmetry, with the elegant cork oaks (*Quercus suber*) all grown to maturity and flanked by ornamental pear trees that decorate the early spring with their white blossoms.

Kevin Friesen, in his second year as grounds manager at the campus, says, "The cork oak is a fairly easy tree to grow. Since it comes from the Mediterranean atmosphere, it is perfectly suited for our climate. It's as drought tolerant and as adaptable as any of our native species and does not require much care once it's mature."

Friesen notes that the trees do not appear to be susceptible to Sudden Oak Death, although the disease has claimed other varieties of oaks on campus. Two of the cork oaks are not in the best of health. "We will try to revitalize them this year," he says, "but if that doesn't work they'll have to be replaced."

Although the cork from the trees is a renewable resource, there have never been any plans to harvest the ones at SMC.

According to Friesen, it would take five people to harvest the cork. The process is still done by hand

using axes to strip away large sections of its outer bark. The tree must be 25 years old before it can be harvested, and then can be harvested about every 10 years.

The most popular use of cork, naturally, is for wine stoppers. Cork remains impermeable to gases and liquids and has been a popular liquid stopper since Ancient Greece. One source claims that Biblical figures probably wore the bark in the soles of their sandals.

In addition to stoppers, cork is used to make a wide range of products, including insulation panels, floor and wall tiles, sound-proofing in automobiles, and other handicrafts and artistic uses, including paper used in printing, book covering, and clothing manufacture. Cork is also used in making cricket balls, badminton shuttlecocks, handles of fishing rods and special devices for the space industry.

Cork oaks can grow to about 70-75 feet, and there are some in Portugal that are over 250 years old.

Let's hope for a deeply-rooted future for the donated trees from Treasure Island on one side of Chapel Loop, and Brother Mel's matching copse on the other.

Pacific Chamber Orchestra: 'Beethoven – The Heroic' this weekend



Trio Foss

Photos provided

Submitted by Lawrence Kohl

Pacific Chamber Orchestra, under the direction of Conductor Lawrence Kohl, performs Beethoven's Eroica

Symphony No. 3, Coriolanus Overture and the "Triple" Concerto with Trio Foss as soloists May 18-19.

"The pathways Beethoven creates from the third Symphony onward allow us to re-

experience our own Hero's journey," Kohl says. "As a humanist, he believed the Hero redeems humanity through the arts, including music. Although deaf by 1820, he fervently composed on climaxing with his towering Ninth Symphony, surely a Hero's journey. With Eroica, Beethoven both upset and energized the musical world by the range of emotion this symphony expresses. His special genius unites a wide range of emotions with perfectly constructed music. Inspired by the Roman General Coriolanus, Beethoven created a musical canvas baring the emotions of the Hero's Journey in his Coriolan Overture."

Beethoven's "Triple" Concerto for Violin, Cello and Piano features Trio Foss – a fusion of virtuosity, personalities, backgrounds, and nationalities, drawing the audiences into deeply personal interpretations to the gems of the literature for violin, cello and piano and new works of our time. SF Classical Voice describes the trio as "[a]n extraordinary musical combo, and it's difficult to imagine hearing a better live performance."

The members are: Nina Flyer, Pacific Chamber Orchestra's principal cellist, who has toured, recorded and taught throughout Europe,

Scandinavia and America. She records frequently for the TV and Motion Picture Industry. She is a Grammy nominee, a worldwide proponent of contemporary music and was cello and chamber music professor at the University of the Pacific, Conservatory of Music, for 20 years, assistant concertmaster of the Pacific Chamber Orchestra; Icelandic violinist Hrabba Atladottir performed regularly with the Berlin Philharmonic Orchestra and Deutsche Oper and did a world tour with the Icelandic pop artist Björk. In New York she performed with the Metropolitan Opera and the Orchestra of St. Luke's. She is also a lecturer in Violin at UC Berkeley; and Pianist Joseph Irrera, who has concertized across the globe with appearances at Carnegie Hall and The Kennedy Center. Internationally he has performed throughout Germany, Bul-

garia, Italy, France, and Costa Rica. The acclaimed Irrera Brothers Piano & Violin Duo has appeared throughout the United States, Europe, and Central America. They have two critically acclaimed recordings and their third album is currently in production.

The members of the Pacific Chamber Orchestra also appear in such prestigious groups as the San Francisco Symphony, Opera and Ballet Orchestras, touring Broadway shows, and feature films recorded at Skywalker Ranch. They are touring soloists and chamber musicians. Performances for "Beethoven – The Heroic" are at 7:30 p.m. Saturday, May 18 at Lafayette-Orinda Presbyterian Church 24 Knox, Lafayette and at 3 p.m. Sunday, May 19 at Bankhead Theatre, 2400 First Street in Livermore.



Beethoven image

Info: Tickets may be purchased online at www.pacificchamberorchestra.org and additionally for the Livermore performance by calling or visiting the Bankhead box office (925) 373-6800 located at 2400 First Street, Livermore or www.bankheadtheater.org. For information and videos about PCO, go to www.PacificChamberOrchestra.org.

Rossmoor Scholarships awarded to local students



Photo provided

Acalanes High School winners of this year's Rossmoor Scholarship Foundation awards, Unubold Munkhold and Ashley McClusky, pose with RSF Trustee Lonna Wolf.

By John T. Miller

A pair of Acalanes students, Ashley McClusky and Unubold Munkhold, won \$3,000 scholarships from the Rossmoor Scholarship Foundation to assist them with their college expenses.

The two were honored at a luncheon at the Rossmoor Event Center along with 46 other students from central Contra Costa County on April 28.

McClusky plans to major in environmental studies at Loyola Marymont University in Los Angeles, choosing the campus because she "liked the small class sizes and the increased availability of the professors."

She has been active in environmental activities, taking part in a Forestry Challenge in Santa Cruz and a summer volunteer trip with Global Student Embassy to Ecuador where the group planted trees and worked with local students on environmental issues. McClusky says, "The trip to Ecuador helped me see that

it's really important to be part of an activity that helps others."

In her sophomore year at Vintage High School in Napa, family issues compelled her to move in with her grandmother in Lafayette and she is finishing her high school education at AHS. With little other financial support, she plans on doing work-study, using student loans, and perhaps an outside job to help pay for her education.

She praised Jada Paniagua, her AP Environmental Science teacher, with helping nurture her interest in the subject. "Her lectures were always informative and interesting and the class convinced me that this is what I should do," said McClusky.

Munkhold will be attending the University of San Francisco where he plans to major in architecture with a possible minor in psychology or civil engineering. USF appealed to him because "it was close to home and offered good financial aid. They also were very inviting and wel-

comed my application. I look forward to living in the dorms," he says.

His parents immigrated to California from Mongolia – with a stop in Poland – when he was 5 years old. They helped foster an interest in architecture. His electives at AHS reflect that interest and included wood shop, physics and digital design.

Munkhold participated with the North Coast Section champion volleyball team his junior year and is currently a brown belt in karate. He hopes to continue with karate while in college.

In addition to nearly perfect attendance, he has excelled in AP English and AP Spanish. He lists Natalie Moore, his junior English teacher, as being most influential in his academic development.

Moore says, "Uno's willingness to take risks in both classroom discussions and in his writing reflected his kindness, skill, and strength. He combines both intellect and humility and is more than de-

serving of any and all opportunities and scholarships."

In addition to the \$3,000 scholarships awarded to the 48 students, the RSF, in its 52nd year, also gave out an additional \$2,500 to 10 of the students for Named and Add-On Awards. Funds are raised from Rossmoor residents, memorial

gifts, and private community organizations.

Students can apply through the counseling offices at their schools, which include Acalanes, College Park, Concord, Las Lomas, Mt. Diablo, Northgate, and Ygnacio Valley high schools, and Diablo Valley College.

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Fabulous turnout for JF Kapnek Trust Family Fun Run



Photo provided

Participants compete at May 5 JF Kapnek Trust Fun Run in Orinda.

Submitted by Amy Campbell

The 15th annual JF Kapnek Trust Family Fun Run took place on Sunday, May 5 at Miramonte High School, with over 160 runners of all ages coming out to support the Trust, a local nonprofit that supports early childhood education, nutrition and AIDS treatment and prevention programs for children and families in Zimbabwe.

Along with a 5K run and a 1K children's run/walk, event participants listened to traditional Zimbabwean music by Chinyakare, enjoyed a healthy brunch and participated in various arts and crafts and other activities. Local businesses

Square Baby provided healthy smoothies, Axon Fitness provided after-run massages, and Mindful Littles promoted kindness and mindfulness to children and adults alike.

In addition to the run participants, over 75 volunteers from organizations such as National Charity League, Boys Team Charity, and Miramonte High School were on hand to ensure a smooth event. And local Lamorinda pediatrician and JF Kapnek Executive Director Dr. Dan Robbins acted as master of ceremonies.

For more information on the JF Kapnek Trust programs, go to www.jfkapnekusa.org.

Cyclists endure 335-mile bike ride to help stamp out hunger



From left: Tom Naab, Mike Stewart, and Rich Thurman.

Photos provided

Edited by Jennifer Wake

In the early morning hours of March 23, Moraga resident Tom Naab and two other brave souls, Mike Stewart and Rich Thurman, showed up with their bikes at the base of Tunnel Road in Berkeley to start what Naab had named Dihamumtam – a bike ride that covers the four major peaks in the Bay Area: Diablo, Hamilton, Umunhum, and Tamalpais. The 36-hour clock was started at 6 a.m. that day as they began the 335-mile 36,000-plus foot journey, which was a way to kick off the team's fundraising efforts for Chefs Cycle – a three-day 300-mile bike ride May 14-16 that benefits No Kid Hungry.

Using the two-day adventures of the Hells 500 as an inspiration (Hells 500 is a group of cyclists from Australia who invented the Everest Challenge – a simple and brutal challenge on a bike where you find a hill, any hill, and do repeats on the same hill until you climb the height of Mt. Everest or 29,029 feet), Naab spent hours on Map My Ride trying to safely link all four of the peaks on a single ride and get 10,000m of climbing in along the way.

"Until that morning all the long rides I've done have been solo," Naab said. "It's hard to find people crazy enough that want to and can do a ride like this." What started off as seven people soon became five, Naab said, and eventually only three of them were there with their bikes that morning.

"We rode up Tunnel Road into Pinehurst Canyon and through Moraga in darkness and a steady rain," Naab explained. "With the winter we've had rain; wasn't a huge surprise, but what was supposed to be cloudy conditions were most certainly wet. (If I had a wish list of things to happen when starting a ride like this, getting wet at the start would be below the bottom.) Regardless, the clock was running and off we went."

First up was Mt. Diablo. They climbed over the 3,200-foot summit, then down into Livermore. "After Livermore we rode out Mines Road and grabbed a bite to eat at the Junction Café. After another half hour or so we were at the base of the west side of Mt. Hamilton." The west side of Mt. Hamilton is roughly a seven-mile climb with a steady 11 percent grade, Naab said. "It isn't especially hard or technical, but it feels like you are going up a roller coaster without the steady clicking noise reminding you the top is getting closer. At the top we grabbed a cup of coffee from the observatory and bundled up. The view from the highest point in the Bay Area was stunning, but also freezing cold. We weren't about to stay up there any longer than necessary."

Next, the three dropped down "the elevator like" Quimby Road and were on the east side of San Jose with a decision to make. "One of the details that went into planning the ride

that I left out before is that some of these peaks are closed at dark," Naab said. "Mt. Diablo, Mt. Umunhum, and Mt. Tamalpais are closed to traffic at night. They have rangers that don't care who you are or how far you are riding." They needed to find the fastest way to get to Mt. Umunhum so they ended up cutting through south San Jose on a combination of busy roads and bike paths.

"It wasn't our first choice, but it was more direct," Naab said. "This also made the ride more difficult because of all the stopping/starting we had to do at stop signs and traffic lights."

They skipped the last climb of the day, headed to a hotel, and decided to find the missing elevation the next day on Mt. Tamalpais.

"Going over the Golden Gate Bridge was probably the sketchiest part of the entire ride. It wasn't the wind, the height above the water, or the cars going 65 mph towards you on the other side of a fence, but the other cyclists," Naab said. Soon they were at the base of Highway 1 and Mt. Tamalpais, and after that, all that was left was the 20-mile pedal back to the Ferry Building in San Francisco. "Just thinking of the cold beer awaiting our arrival was more than enough inspiration. After our frothy beverages we jumped on the BART (train) to Rockridge and had about a ten-minute spin up Claremont to where we began the prior morning. In total we rode over 335 miles and climbed almost 37,000 feet in under 36 hours."

Naab says the plan is to make this an annual ride to raise money for Chefs Cycle for No Kid Hungry, which connects kids across the country with healthy food where they live. Chefs Cycle, a three-day 300-mile bike ride in Santa Rosa, is happening right now, May 14-16.

"If you feel inspired or are in awe of the ride, don't buy me a beer; help us get kids breakfast so they can have a better future," Naab said. "As hard as this ride was, it's harder for the one out of six kids in America who face hunger daily."



~ Celebrations ~

Orinda resident ranked among Top 12 Trademark, Copyright & Trade Secret Litigators in California

Submitted by Sohaila Braam

In their 2019 rankings of lawyers around the world, Chambers and Partners identified Orinda Resident Ben Riley as one of the 12 top litigators in California in the category of Intellectual Property Litigation: Trademark, Copyright & Trade Secrets.

For 30 years, the London-based firm of 200 researchers has conducted thousands of interviews to identify the top lawyers and law firms in the world. Chambers requires that any applicant submit a detailed questionnaire about their practice and cases, and list 20 client and colleague references. Then they conduct telephone and email interviews with each of the references.

The full ranking may be found at: <https://chambers.com/profile/individual/480117?publicationTypeId=5>.

In Memory

Local WWII hero to be interned at Arlington



Col. Warren's lifelong wish was to be laid to rest with his fellow Air Force squadron members. On May 23, 2019, this wish will be achieved.

Arlington National Cemetery has approved the internment, with full military honors, of Joe H. Warren, Lt. Col., United States Air Force. Warren, who was a long-term resident of Lafayette, passed away on April 18, 2018. In World War II, he served as a P-47 Fighter Bomber Pilot and he flew 82 combat missions over Europe in support of allied troops. For his bravery and meritorious service, Warren received many American awards, including the Distinguished Flying Cross, the ETO Ribbon, the Presidential Unit Citation with Four Battle Stars and the Air Medal with 19 Oak Leaf Clusters. The French government also awarded him their highest medals, the French Legion of Honor Medal and the Croix de Guerre War Cross for bravery.

Share Your Celebrations and Remembrances

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

Info: Naab's team donation page can be found at: www.sommcycle.com. You can learn more about Chefs Cycle/No Kid Hungry at: www.chefscycle.org.

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

2019 SUMMER CAMPS/Classes

Alphabetical listing of all 41 camps and classes

Academy of Language and Music Arts/ ALMA
www.alma-leap.com
Phone: (925) 254-5056
Private lessons in all instruments and in languages.

Adventure Day Camp
www.adventuredaycamp.com
Phone: (925) 937-6500
Swimming, horseback riding, sailing, skateboarding, woodworking, science, arts, sports, archery, drama, music, rock climbing, hiking, overnight camping, and camp games.



Artemis Rowing
www.artemisrowingclub.org
Phone: (510) 542-9673
Artemis Learn to Row camp held at the Jack London Aquatic Center introduces rowing to 6th through 12th graders.



(The) Art Room
www.theart-room.com
Phone: (925) 299-1515
Artists will gain experience with sketching, drawing, painting, mixed media, 3-D mediums, and creating collaborative artwork.

Aspen Network Team Camp
www.aspennetwork.net
Phone: (925) 262-3135
A safe space for teens and young adults with social differences that include anxiety, spectrum behaviors, OCD, ADHD or Non-verbal Learning Disorders.

Avid4 Adventure
www.avid4.com
Phone: (800) 977-9873
Avid4 Adventure's experienced instructors teach pre-K - 7th graders of all levels to climb, paddle, bike, hike and thrive in the outdoors.

Bentley Summer Academy
www.bentleysummeracademy.org
Offering a wide variety of innovative courses for students first through 12th grade. 9 a.m. - 4 p.m., with extended camp options for families needing early drop-off or late pickup.



Berkeley Rep School of Theatre Summer Theatre Intensive
berkeleyrep.org/summerintensive
Phone: (510) 647-2972
Summer Theatre Intensive is an opportunity to become fully immersed in every facet of the world of theatre, regardless of experience level.

California Magic Soccer Club
www.calmagicssc.com
Cal Magic June Soccer Summer Camps are a joy-filled soccer experience for boys and girls ages 6-12.

Camp Awesome
www.LafayetteRec.org
Phone: (925) 284-2232
Camp Awesome is fun, flexible, and affordable. Open all nine weeks of summer.

Camp Doodles
www.campdoodles.com
Phone: (415) 388-4386
Incubator for kids to grow their creative intelligence through making and art in a project-based, hands-on environment.



Camp Galileo
www.galileo-camps.com
Phone: (800) 854-3684
Day camp fun with hands-on projects in fields from science and engineering to the visual and culinary arts. Pre-K to entering 8th grades.

Camp Kefli
www.temple-isaiiah.org/kefli
Phone: (925) 284-9191
Wide range of programs that are appropriate to each age group, grades K-8, filling our two one-week sessions with fun.

Camp Orinda
http://orindaparksandrec.org
Phone: (925) 254-2445
Camp Orinda offers a full-day traditional camp experience for active kids, looking for adventure. Extended Care available.

CAPA's Summer Dance Camp
www.capadance.net
Your little dancer will love dancing in this sweet ballet and tap dance camp!

City of Lafayette - Recreation Summer Camps
www.LafayetteRec.org
Phone: (925) 284-2232
Art, soccer, media, cooking, dance, science, engineering, LEGOs, tennis, Critters-N-Clay, music, robotics, and more!

... continued on next Page



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2019 SUMMER CAMPS/Classes ... continued



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www.OrindaParksandRec.org
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Cougar Youth Football Camp
www.cougarcamps.com
Directed by Head Coach Kevin Macy for grades 4-8 is held at Campolindo High School.

DONS Youth Football Academy
www.acalanesdonsfootball.com
Staffed by current Acalanes High School Football coaches and experienced high school and college players and a certified trainer.

Lafayette-Orinda Presbyterian Church
www.LOPC.org
Phone: (925) 283-8722 x234
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Lafayette Summer Music Jazz Workshop
www.lafsmw.org
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Lamorinda School of Musical Arts
Phone: (925) 878-5159
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LMYA Swim
www.lmyaswim.com
Gutter Guppy Program focuses on teaching stroke technique to our youngest swimmers in a fun, low-key environment.

Mathnasium
www.mathnasium.com
Phone: (925)283-4200
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Marin Ranch Camp
www.marinranchcamp.org
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Miramonte Swim Club (MSC)
www.msccgators.org
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Moraga Parks and Recreation Summer Camps
www.moragarec.com
Phone: (925) 888-7045
Moraga Day Camp, Coding Camp, Doug's Drama, Little Medical School, Skateboard Academy, Incrediflix, Skyhawks Sports, Debate, and more!

Moraga Valley Presbyterian Church
www.mvpctoday.org
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Oakland Strokes
www.oaklandstrokes.org
Excellent training for learning rowers in rowing technique, teamwork, physical fitness and endurance.

Performing Academy
www.PerformingAcademy.com
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smcmensbasketballcamps.com
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... continued on next Page

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

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2019 SUMMER CAMPS/Classes ... continued

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ART

Lamorinda Arts Council presents "Arts Affair," the second annual fundraiser from 5 to 8 p.m. on May 29. The event takes place at the Orinda Library Auditorium and surrounding rooms at 28 Orinda Way, Orinda. "Arts Affair" is an extravaganza that showcases a variety of art programs that the Lamorinda Arts Council and their arts partners bring to the community. Celebrate with board members past, present and future. Standard Tickets: \$25. More Info: <https://lamorindaarts.org/arts-affair>.

May exhibit at the Art Gallery at the Orinda Library will be Bill Carmel paintings, Arno Kober paintings, Kate Chenok ceramics, Kim Wolfe wood turning, and Ellis Sjoberg wood working. Exhibit runs through May 31. Hours are Monday to Thursday 10 a.m. to 8 p.m., Friday and Saturday 10 a.m. to 6 p.m., and Sunday 1 p.m. to 5 p.m. at 23 Orinda Way.

Lamorinda Arts Council's inaugural free "Arts Embraces Words" event from 2 to 4 p.m. on May 19 in the Arts & Crafts Room at the Lafayette Community Center, 500 Saint Mary's Road. This event is part of a Sunday series whereby emerging writers read their work surrounded by visual artwork. In this way the art literally "embraces" the spoken words. For more details go to <https://lamorindaarts.org/art-embraces-words>.

Saint Mary's College invites you to join guest curator, Megan Wilkinson, and artist, Foad Satterfield, for a conversation exploring Satterfield's new body of large scale paintings featured in the exhibition "THINGS KNOWN" at Saint Mary's College Museum of Art (SMC | MoA) at 1 p.m. Saturday, May 18. Program is free. For more information see <https://www.stmarys-ca.edu/third-thurs-yoga-in-the-galleries> or call (925) 631-4379.

Join Saint Mary's College Museum of Art (SMC | MoA) and the Department of Art and Art History from 4 to 6 p.m. on Thursday, May 23 for the opening reception of "Emerge: Student Art Exhibition." Emerge is on view May 20 through June 9. For more information see www.stmarys-ca.edu/museum or call (925) 631-4379.

Lamorinda Arts Alliance featured artist Zarmine Aghazarian through May 31 at Dr. Samadian's Center for Reconstruction and Implant, 23 Orinda Way suite 301, Orinda. Dr. Amin Samadian is proud to have affiliated with the Lamorinda Arts Alliance for the opportunity to showcase the artwork of the organization's artists and to celebrate the integration of art, science and technology.

MUSIC

Choir Concert 8 p.m. Friday, May 17 at the Saint Mary's Chapel, 1928 Saint Mary's Road

in Moraga where the Chamber Singers will present music by Tallis, Bach, Mozart, Barber, and Alfen, and the Glee Club will share arrangements of tunes by Pink, The Beatles, The Real Group, Kerry Marsh, Kamakawi'ole, and Matisyahu. Free; contributions are welcome.

Pacific Chamber Orchestra, under the direction of Conductor Lawrence Kohl, performs Beethoven's Symphony #3 "Eroica" Coriolanus Overture and "Triple" Concerto with Trio Foss as soloists. Concerts are at 7:30 p.m. on May 18 at Lafayette-Orinda Presbyterian Church 24 Knox, Lafayette and at 3 p.m. on May 19 at Bankhead Theatre, 2400 First Street in Livermore. Tickets may be purchased online at www.pacificchamberorchestra.org and additionally for the Livermore performance by calling or visiting the Bankhead box office (925) 373-6800 located at 2400 First Street, Livermore or www.bankheadtheater.org.

Gold Coast Chamber Players concert "Telegraph" at 7:30 p.m. on May 18 at Don Tatzin Community Hall, at the Lafayette Library. Pre-concert talk 30 minutes prior to concert. Tickets: \$45 General, \$40 Senior (65+), \$15 Student. Purchase online: www.gcplayers.org; by phone: (925) 283-3728.

Stanley Middle School presents Jazz Cafe from 6 to 10 p.m. on Friday, May 31 in the Stanley multi-use room. This is a collaborative performance of jazz student musicians from Stanley, Campolindo and Acalanes. Support the fundraising efforts of the Stanley Middle School jazz program and enjoy a memorable evening of music. Food, raffles and silent auction also available. Single tickets: reserved \$20 (all ages); unreserved (at the door; cash only) up to \$15. Donations encouraged. Info: stanleymusic.org/jazz-cafe.

Cantare Con Vivo closes the season with adult and children's choirs on stage, commemorating the 20th Anniversary of our Chorale and the Children's choral programs at 7:30 p.m. on June 1 at Lafayette-Orinda Presbyterian Church 49 Knox Dr., Lafayette. The concert will include a variety of American music, including contemporary, classical, folk, popular, and show tunes, in addition to spirituals and patriotic selections. Titles include Ol' Man River, You'll Never Walk Alone, Not One Sparrow, Angel Band, Water Night, Please Stay, Seasons of Love, and many others. Tickets: General \$27.50, Senior \$22, \$10 Student. Tickets available at the door or online: https://cantareconvivo.secure.force.com/ticket#sections_a0F0B00000J5pLuUAJ

THEATER

California Shakespeare Theater opens its 2019 summer season with "A Midsummer Night's Dream" by William Shakespeare, playing May 22 through June 16 at the Bruns Amphitheater in Orinda. The season launches with A Pay What You Can performance on Wednesday, May 22. Tickets will be available starting at 10 a.m. on the day of each show through TodayTix (todaytix.com) and the Cal Shakes Box Office (calshakes.org or 510.548.9666).

A beloved tradition returns to the Bay Area this Memorial Day weekend as the Peter Pan Foundation stages "Wish Upon a Star" at Diablo Valley College in Pleasant Hill. Now in its 12th year, this family-friendly musical brings together more than 200 performers of all ages to raise money for local charities. A creative retelling of the Peter Pan story, "Wish Upon a Star" features a cast of much-loved heroes and well-known villains from traditional and contemporary fairy tales. Showtimes are at 2 and 7 p.m. on May 25, and at 10 a.m., 20 and 7 p.m. on May 26 and 27. Performances will be held at the Diablo Valley College Performing Arts Center, 321 Golf Club Road in Pleasant Hill.

... continued on next Page

Lamorinda's Religious Services

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Acclaimed film ‘Never Look Away’ showing at Orinda and Rheem



By Sophie Braccini

The movie being shown as part of the International Film Showcase this month is certainly one of the best of the year – one to remember, one to savor, like a work of art. “Never Look Away” is a historical saga developing over a large part of the 20th century, rich in emotions, reflections, metaphors. The film can be cruel; it shows humanity at its worst and its best. It is a story of courage, of memories and is a tribute to the power of art that can transcend lies and reach the core of the human heart. It was inspired by actual stories.

A 2018 German film by Florian Henckel von Donnersmarck, who won the 2006 Oscar with “The Lives of Others,” “Never Look Away” was nominated for a Golden Globe and for two Academy Awards in the Best Foreign Language Film and Best Cinematography categories. It is a drama where one of the central characters is an incarnation of rational evil that collides with a wonderfully powerful love story. Von Donnersmarck does not hesitate to humorously describe the world of art either, whether it is formulated by a communist party or led by the extravagance of the avant-garde.

The film starts in 1931 Germany and follows two families during 30 of the most turbulent years in Europe. Dresden, where the movie is first situated, is a rather prosperous German

city that readily succumbs to the fascination of the Third Reich, is turned into rubble at the end of the Second World War, before being stifled by the communist ideology that reigned over East Germany. Some prosper and skillfully ride the waves of the different dictatorships, while others get crushed.

At the center of this all, an artist tries to stay true to the sacred nature of life and find his inner truth. His struggle is painful at times, he stumbles, gives in, tries again – led by a powerful flame inside him that was lit by a young aunt who opened him to the world of art as a child. Swirling and colliding within him is the dark figure of evil that he must leave behind. The two feminine figures of the movie have the same name, Elisabeth – the fullness of God – symbolizing the redemption of man.

The film is three hours long, but that should not be a deterrent; at no time does the spectator feel bored or tired. That pace is needed to unravel the story and participate in the development of the characters.

The actors chosen by Henckel von Donnersmarck are beautiful and archetypal; they add to the beauty of the film, from a purely esthetic perspective, and all give excellent performances.

“Never Look Away” will show at the Orinda Theatre through May 16, followed by a one-week showing at the Rheem Theatre starting May 17.

Info: lamorindatheatres.com

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

LECTURE & LITERATURE

Executive Speaker Series: “Using Business as a Force of Good” 6 to 8 p.m. on Wednesday, May 15, Soda Activity Center, Claeys Lounge, 1928 Saint Mary’s Road, Moraga. Brian Durkee, President of Numi Organic Tea is on a mission to make Numi a worldwide leader in sustainable supply chain management. Durkee will explain how businesses can focus on human rights and climate change and still maintain a positive bottom line. Register at <https://www.stmarys-ca.edu/executive-speaker-series>.

The Moraga Historical Society is proud to present The Return of Slip Madigan and Dave Newhouse at 7:30 p.m. on May 23 in the Moraga Library Meeting Room. Newhouse, the former Oakland Tribune sportswriter, recently published a book about Slip Madigan, Saint Mary’s all-time greatest football coach. Copies of the book will be for sale. Come early for free coffee and cookies plus great conversation.

Join the Saint Mary’s College Museum of Art for “Things Known”, Poets Respond | Public Poetry Reading from 2 to 4 p.m. on Saturday, May 18. Reading will feature Bay Area poetry group, Fresh Ink, followed by an open mic of poems written in response to the Foad Satterfield: Things Known exhibition. For more information see www.stmarys-ca.edu/museum or call (925) 631-4379.

KIDS, PARENTS & TEENS

Mindful Littles presents “Care for Therapy Horses” from 11 a.m. to 12:30 p.m. on May 19 at Xenophon Therapeutic Riding Center, 60 Don Gabriel Way, Orinda. Feed, groom, and play with horses. Clean stalls and paddocks, and create horse-themed arts and crafts. Bring water and any snacks needed for your kids. Please also wear comfortable clothes. \$10 per person. Register at: https://www.flipcause.com/secure/cause_pdetails/NDg2MjE=

OTHER

Classic Car gatherings will begin again from 7 to 9 p.m. this Sunday and every Sunday at Perks Double Drive Thru Cafe in Lafayette. Located between the new Library and Boswells Party store. Participants get coffee and

donuts. No fees or costs, stop by enjoy and then begin the rest of your day! Meet new fun folks! The Mt. Diablo Peace and Justice Center is joining with the Veterans Healthcare Policy Institute, Veterans for Peace, the American Federation of Government Employees and American Legion Post 31, to present an event on the current state of health-care for veterans. This event takes place at 7 p.m., with a reception at 6 p.m. on May 16 at the Mt. Diablo Peace and Justice Center, 1035 Carol Lane, Lafayette. Cost: \$10 pre-registered; \$15 at door; \$5 MT. Diablo Peace and Justice Center and Our Savior Lutheran Church members; free for students and veterans. Tickets available at <http://ourpeacecenter.org> or call the office (925) 933-7850.

John Muir National Historic Site (John Muir NHS) will launch its second annual series of Stewardship Saturdays. Join the National Park Service for these free, Ranger-led land stewardship programs at the Martinez, California site. The programs begin at 9 a.m. at the Strentzel Creek meadow area of Mt. Wanda. This area recently came under NPS management and is currently only open to visitation with an NPS chaperone. The stewardship project will entail removing invasive plant species from the sensitive creek and surrounding meadow. All training and tools required for this project will be provided. The three 2019 Stewardship Saturday events will be on May 18. Find more information and register at: <https://jomu.eventbrite.com/>.

Parkinson’s Disease and You at 7 p.m. on May 21 with Brianna Munson, PT, DPT, Physical Therapist 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 or call (925) 284-6150.

Breast Cancer Seminar from 6:30 to 8:30 p.m. on May 22 at the Lafayette Library. Join breast cancer specialists from the Women’s Cancer Center of the East Bay for an update on cutting-edge breast cancer treatments and surgical techniques. The physicians recently attended national oncology and surgery symposiums and will discuss the latest advances presented from research, clinical

trials and new FDA drug approvals. Please register by calling (925) 677-5041 x272 or email sjung@dvoimg.com.

The Art of Leadership: Creative Ways to Fuel Growth: an evening of talks for entrepreneurs, founders, and organization leaders from 6:30 to 9:30 p.m. on May 22 at JPG@The Bank, a pop-up art gallery/event space at 3525 Mt. Diablo Blvd., Lafayette. Six speakers, each a leader in their respective field, will present unusual, inventive ways to grow your endeavor. Tickets are \$25 and are available at <https://artofleadershipnight.eventbrite.com>.

The North Orinda Fuel Break is one of the highest priority projects in California. Lamorida Village is sponsoring a presentation at 1 p.m. on May 31 at LOPC. Jerry Kent, longtime EBRPD official, will talk about the history of East Bay Regional Parks and the wildfires that have come through, and Dennis Rein of MOFD will be presenting fire break plans. Local law enforcement will be present to discuss evacuation plans, and our Community Warning System will be represented as well. www.lamorindavillage.org.

SENIORS

Contra Costa Health Insurance Counseling and Advocacy Program (HICAP) will present “What Everyone Needs to Know About Medicare Regardless of Your Age” from 6 to 7:30 p.m. on May 20 at the Lafayette Library. As you get closer to 65 it’s important to understand your options for getting Medicare coverage and completing enrollment in a timely manner to avoid costly mistakes. This talk is also useful for those who already have Medicare, or are helping someone who does, to ensure that you have optimal coverage and don’t overlook opportunities to save money. HICAP offers free, impartial information about Medicare and related coverage and doesn’t sell or endorse any products. For more information about HICAP, visit www.cchicap.org. Contact the Lafayette Library to register for the program.

GARDEN

The Lafayette Community Garden and Outdoor Learning Center presents Saving Water in Your Landscape by Contra Costa

County Master Gardener Roxy Wolosenko from noon to 1:30 p.m. on June 1. CCMG’s Roxy Wolosenko will expertly guide the audience through a variety of practices that can help homeowners conserve water in their landscape. Learn about irriga-

tion methods, plant selection and placement, water gardening and rainwater harvesting. Participants will also receive hands-on practice using irrigation components. Register online at www.lafayettecommunitygarden.org. The event is free.

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Service Clubs Announcements

Lafayette Rotary Club

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Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

May 16: Rotary Fundraising Comm. Gala update/info	May 23: Dave Baker-Life in oil industry/construction
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www.rotarylafayette.org
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A refreshing twist to a summertime staple



Ginger-Mint Green Lemonade

Photo Susie Iventosch

By Susie Iventosch

My daughter and I love this particular takeout restaurant in New York City called Ilii Box. It's located in the City Kitchen, an upstairs eatery with about eight food stalls, situated right near Times Square. Ilii Box serves the most amazing caramelized Brussels sprouts

with sweet fig jam, mint yogurt and walnuts. Ever since my Brussels sprout enlightenment, I make it a priority to eat there every time I visit my daughter. Last time we had lunch there, the server asked if we wanted the green lemonade to accompany our sprouts. I politely declined, as I am not the biggest lemonade fan. But, he insisted and gave us the meal deal, which in-

cluded the drink. It was fabulous, and, in fact, I went back up for a second round of their green lemonade because it was so refreshing and delicious. He gave me a general idea of what goes into this drink, but I was left on my own to figure it out exactly. This rendi-

tion is very close to what we enjoyed and I hope you enjoy it too. After tasting it again with my son, we decided it would make a marvelous summertime cocktail with a shot of gin or vodka added for fun!

Ginger-Mint Green Lemonade

(Makes approximately 5 cups or 4 servings)

INGREDIENTS

8 tablespoons (1/2 cup) golden light blue agave
4 cups water
20 mint leaves
4 tablespoons minced fresh ginger root
3/4 cup fresh-squeezed lemon/lime juice
Garnishes: sprigs of mint, lemon slices and optional cucumber slices

DIRECTIONS

Place the first four ingredients in a small saucepan and bring to a boil. Boil for about one minute and remove from heat. Allow to steep for about an hour. Pour through a strainer to eliminate the ginger and mint remnants, while pressing down on the solids to squeeze as much liquid from the ginger and mint as possible.

Add lemon/lime juice (I used 1/2 cup lemon juice and 1/4 cup lime juice) and mix well. Pour over ice and garnish with a sprig of mint, a slice of lemon and an optional slice of cucumber.

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.



You can find most of the recipes published in the Lamorinda Weekly on our website.
Food tab: www.lamorindaweekly.com/html2/food1.html

Anti-anxiety medications for vet visits

Fears and Anxieties in Pets – Part 4

By Mona Miller, DVM

This is the last of a four-part series addressing pets who are anxious (especially during veterinary visits), in which I will cover the specific topic of anti-anxiety medications.

For many years, veterinarians did not have anti-anxiety medications available, and we relied solely on sedative medication. This is still an option that serves a useful purpose. I've discussed in this series of articles how a pet's anxiety level and temperament can often impede achieving the veterinary visit goals – checking ears, pulling a foxtail out of a paw, examining and treating eyes, as well as drawing blood for diagnostic tests, taking radiographs or administering vaccines. Sedation will allow these goals to be achieved, and the most common sedative is a pill that the pet owner administers at home a couple hours prior to the vet visit. On occasion, animals require full anesthesia

in order to accomplish the veterinary goals.

While sedating a dog or cat does slow the pet down and allow for procedures to take place, most sedatives do not actually alleviate the internal anxiety. Thus, an alternative approach is to actually provide anxiety relief. I have addressed some non-medication options in this series of articles, published in the last few months. These include the use of a Thunder-shirt, calming agents and social visits.

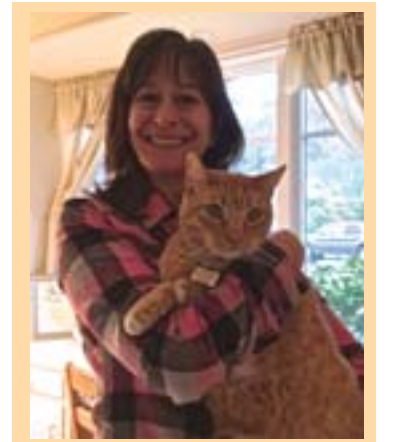
Anxiety can be manifested in specific situations, or can be present as a long-term problem. Specific situations include vet or grooming visits, noise phobias such as fireworks or thunderstorms, or construction occurring in the house. Long-term anxiety is more of a temperament issue – an incredibly nervous dog who startles or becomes aggressive, and needs a reset of his brain chemistry, for example. For this latter problem,

this falls in the realm of “behavior” management and is most often successfully addressed with a combination approach of anti-anxiety medication (such as generic Prozac) and behavior modification.

For the first category, though (specific situations that often last only a couple of hours), short-term anti-anxiety medication can be very helpful in alleviating anxiety. Additionally, a common side effect of most of these medications can be mild sedation, so that can contribute to the success of the situation. For example, a client's dog gets very nervous when being held in order to get his ears examined. It is understandable why this might be nerve-wracking – the dog is held closely by a nurse, holding his head very still, while a vet gets very close to his head with an otoscope that feels funny going into the ear canal – and the dog has to stay still for a few minutes. If the

dog's ear is infected and uncomfortable, or has a foxtail and is uncomfortable, it is easy to understand that the dog might be resistant to all this attention. By giving a pill at home, a couple hours prior to the appointment, it is possible to lower the overall anxiety level (and possibly induce a mild amount of sedation), and the dog might be much more tolerant of the ear exam and cleaning when at the vet hospital.

Most short-term anti-anxiety medications take effect within 1-2 hours, and last about 6-8 hours. Thus, if any sedation occurs, it will be short-lasting. Often, the dose can be somewhat variable, and it may take a couple of visits to get an effective level of anxiety relief. And, on occasion, it may not be possible to override the adrenalin rush of anxiety and the medication may not work. But if it does, it generally is a safe and successful alternative to full sedation, or even anesthesia.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at MonaSDVM@aol.com. She welcomes questions from readers that may get incorporated into a column.



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Authors, artists invited to join inaugural 'Art Embraces Words'



Submitted by Elana O'Loskey

Artists paint with color; writers paint with words – together they enrich our community. Emerging writers can read from their works, surrounded by visual art from local artists, at the Lamorinda

Arts Council inaugural event, “Art Embraces Words,” from 2 to 4 p.m. Sunday, May 19 at the Lafayette Community Center. This Sunday series continues through the end of the year and is made possible by a generous grant from the Lafayette Community Foundation.

Master of ceremonies and Lafayette resident Lynn Carey, former host of the Times Book Club, introduces writers at approximately 10-minute intervals between 2 to 3 p.m. A reception follows from 3 to 4 p.m. with light refreshments. First up is writer Michelle Hoffmann, international best-selling author of “Life Worth Living – A Practical & Compassionate Guide to Navigating Widowhood & Sole Parenting.”

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Submit stories and story ideas to storydesk@lamorindaweekly.com

LAMORINDA SPORTS

Campolindo defeats Northgate to win NCS Championship



Justin Lineweaver



Josh Ewert

Photos Gint Federas

By Jon Kingdon

After a bruising first game loss, the Campolindo boys volleyball team came back to win the next three games over the No. 1 seeded team in the tournament, Northgate, to win the North Coast Section championship by scores of 15-25, 25-21, 26-24, 25-15.

As the No. 3 seed, Campolindo had to play at Northgate in front of crowd that was equally loud for both sides, though Northgate took control of the first set and never let up. Freshman Josh Ewert, who played with a sore knee and had to be helped off the court at the end of the match, put that game behind him quickly: "I like to think that first set was

just a warmup for us."

Sophomore libero Justin Lineweaver saw the first set as out of character for the Cougars: "We were just super nervous and jittery and we knew that we had to just calm down and play our game. After the first set, our defense was much more intense we started picking up balls which built our momentum from there."

Head coach David Chen has seen dominant sets like the first one from both sides and knew not to panic: "We did some good things in the first set but we couldn't get any rhythm and knew we had to hang in there. After that our defense was so much better. We've been calling out our defense all year and kept telling them, 'Defense is

a mindset. See the ball and move and get it."

Sets two and three were very close but the defense combined with the power at the net by Ewert and sophomore Ben Blakley wore down Northgate by the fourth set. Blakley attributed the victory to the team's mindset: "It was total energy. After the first set, we picked up the energy and realized that we had to play our game."

Chen left nothing to chance in the last set with Campolindo leading 24-14 when he called time out: "I told them to stop celebrating. We haven't won yet." One service fault later, it was all over.

Just as emotional was the semifinal match between Campolindo and Acalanes,

with Campolindo winning 22-25, 26-24, 25-7, 25-23. In the final set, with the score 13-13, there were nine ties until the final point.

Acalanes had defeated

Campolindo in three close matches prior to the semifinal game but every game in those matches had been close.

... continued on Page C2



Ben Blakley

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Jenna Chan makes it to Foul Shooting Championship in Chicago



Photo provided

Lori Chan, Mike Rittenhouse, Jenna Chan and Robert Chan in Chicago.

By Jon Kingdon

Jake Chan, who started for the state champion Campolindo Cougars basketball team, was not the only member of his family to compete for a championship this year. Jenna Chan, his younger sister, made it to the national finals for the Elks Hoop Shoot in Chicago, sinking 19 of 25 foul shots, finishing behind the winner who sank 22 of 25 foul shots.

Jenna, who is in the fourth grade at Donald Rheem Elementary School,

was in the 8- to 9-year-old group and in her second year of competition. This was a long and extended process in which over three million boys and girls competed in the age groups 8-9, 10-11 and 12-13 with the boys competing against the boys and the girls competing against the girls. For the 8- to 9-year-olds, the foul shot is 11 feet from the basket instead of the usual 15 feet.

The process began in December when Jenna sank 15 out of 25 shots at De LaSalle High School to qualify for the District finals in Modesto

where she sank 19 out of 25 shots. This qualified her for the Northern California semi-state level where she sank 20 out of 25 shots while also competing against representatives from California and Hawaii. She then went to Las Vegas and competed against finalists from Arizona, Utah, Nevada and California, ultimately qualifying to go to the national finals in Chicago.

Jenna's dad, Robert, gives all the credit for Jenna's ability to his wife: "Lori was a great basketball player in high school and I played football. All of our kids began playing in the Diablo Japanese Cultural Center and then moved on to CYO basketball and then the AAU League and Jenna is now playing with the Cal-Stars as well."

Lori Chan was overwhelmed at the organization and hospitality the Elks showed her and Jenna in Chicago: "The Elks paid for the flights, the hotels and the food. All we paid for were our incidentals. We arrived on Thursday and were met at the airport and shuttled to the hotel. After registering, Jenna was given a number of trading cards of herself and was encouraged to trade them with the other competitors. This was a good ice breaker for the kids along with the Elks providing a game room with snacks, board games and photo booths for the kids. Besides shopping, we all went to the Chicago White Sox - Detroit Tigers baseball game and had dinner in a private room at the stadium."

Jenna appreciated the experiences she got from competing in Las Vegas and Chicago: "I had a great time because I got to do things that were new and different, such as being driven around Las Vegas in a limousine. I did not get to see my brother Jake play in the state championship game because it was the same weekend that I was in Las Vegas, but my Mom was able to stream the game on her phone. My favorite part of the Chicago trip was meeting the other competitors and making a lot of new friends from in and out of my age group. I will definitely do this again next year."

The is the 47th year for this event and the 33rd year that Mike Rittenhouse has been with the Walnut Creek Elks and running the event. Rittenhouse, who also served as Jenna's coach, appreciated the qualities that Jenna brought to the tournament: "Jenna has a very cool demeanor and does not stress out. She showed that in Modesto, Las Vegas and Chicago."

Rittenhouse uses the term BLES to teach foul shooting, a system that he has used since he was a basketball coach at De La Salle: B for bend, L for lift the shot up, E for extend your arm, S for snap your wrist and H for hold the follow through. Rittenhouse adds: "There is no substitute for practice."

Along with "Coach Ritt," as Jenna refers to him, Jenna got a lot of support from her brother Justin who was the 9-year-old California state champion in 2013. Lori said that Justin provided Jenna with a great deal of emotional support: "Jenna worked mostly by herself, but Justin helped her with the mental aspects of the tournament. He told her not to get nervous, and not to get mad if she missed a few shots and to keep at it. He called her the night before the Las Vegas event and he left a note for her on the table which helped her with the mental aspects."

The Elks are a benevolent and protective order involved primarily with providing academic scholarships for high school seniors, offering direct services to veterans in more than 330 facilities each month, running the largest volunteer drug awareness program in the United States, and raising funds for disabled children among many other programs. California has 190 Elks lodges which are the most of any state in the country and are always looking for new members, says Rittenhouse: "We also have a soccer shoot and a little league program for special needs kids. The funds for these events come from dues and donations to the Elks National Foundation."

Campolindo defeats Northgate to win NCS Championship

... continued from page C1

Acalanes head coach Mason Mulvaney was certainly not looking past Campolindo: "This was the fourth time we played this year and when teams are that evenly matched, sooner or later something's got to give and I was worried about that. They played in-

credibly. The third set was some of the best high school volleyball I've ever seen. They played flawlessly. I was really proud of my team for coming back hard in the fourth set."

Indicative of how evenly matched the two teams were, was that despite Acalanes having won 10 sets to 5 over Campolindo in

their four matches, Campolindo outscored Acalanes by a composite point total of 317 to 314.

Mulvaney's summation of the year bespoke of the pride he had for his team and particularly for the players that have been with him these past four years: "The seniors that started as freshmen have been a part

of the most successful four years in Acalanes volleyball history. We won one NCS and made the playoffs all four years and our combined record over that period is 57 games over .500."

Not to be overlooked should be the job that Peter Chao did this past season with the Miramonte volleyball team. After a combined

3-28 record over the past two years and starting this season off with four straight losses, the Matadors recovered to finish the season with a 10-11 record and a 9-5 record in league play, making the NCS for the first time in many years.

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Campolindo leads Miramonte and Acalanes to state swimming tournament



Campolindo swim teams

Photo Lydia T. Percin, Esq.

By Jon Kingdon

Once again, the swimming programs in Lamorinda were on display at the North Coast Section Swimming Championships which were held at the Concord Community Pool May 8-9. There were over 175 high schools competing to win the NCS championship and also for spots in the state tournament in Clovis, California. The Campolindo boys came in first and the girls came in second. The Miramonte girls came in fourth and their boys came in 23rd and the Acalanes girls finished in ninth place.

Campolindo's head coach Ron Heidary came into the meet with unabashed optimism: "This is the best team, both men and women, we've had in all my years at Campolindo and probably in the history of

the school in terms of quality, depth, maturity and character. I've thoroughly enjoyed this year."

Heidary felt one of the team's strengths was its relay teams, and that may have been an understatement. Both the boys and girls teams qualified for state in the 200-yard freestyle, 200-yard medley and 400-yard relays.

Campolindo also showed great individual depth with five girls and seven boys going to the state tournament: Madeline Smith – 200 yard individual medley; Ashleen O'Brien – 100 yard butterfly; Amber van Meines – 100 yard freestyle; Elizabeth Follmer – 100 yard backstroke; Channing Hanley – 100 yard breaststroke; Sean Percin and Alec Baker – 200 yard freestyle; Ryan Lenahan – 500 yard freestyle; Zach Le-Nguyen and Matteo Lanzara

– 100 yard backstroke and Mason Loyet and Luke Vandenberghe – 100 yard breaststroke.

Heidary attributed much of the team's success to his veteran swimmers: "All of the upperclassmen, the seniors in particular, have just been outstanding. They have provided as much leadership as any group we've ever had here. They have been fully invested in this program and it's made a profound difference."

There was more depth for Miramonte on the girls side, led by sophomore Margaret Buckley and junior Margaux McDonald, both of whom will be competing in the state finals in the 200 yard individual medley. Senior Sophia Kosturos qualified for state in the 100 yard butterfly and 100 yard backstroke. Kosturos is entering the state

tournament with the fastest qualifying time (52.92) of all the competitors. The girls 200 yard medley and 400 yard freestyle relay teams will also be going to the state tournament.

Though the boys did not have any qualifiers for the state tournament, Heidary came to rely on Campbell Strand: "He has been an outstanding emotional leader and a great teammate in the water."

Joe Natina began his first season at Acalanes trailing Ron Heidary (24th season at Campolindo) and Don Heidary (27th season at Miramonte): "I got the job at the last minute and it took a while to get going. I have relied on our senior leadership led by Alex Fellner, Emily Gebhardt, Kyle Walker and Ava McKay. They could run practice for me. The kids look up to them and they have worked

really hard and have had a lot of good swims. We were a little thin on the boys side but we have a good core of young swimmers."

The state finals were held this past Friday and Saturday in Clovis, California. The Campolindo boys finished in 11th place. All three girls teams finished near the top – Miramonte (fourth), Campolindo (seventh) and Acalanes (11th).

The best individual performance was turned in by Sophia Kosturos who won the 100 yard backstroke with a time of 52.92. The girls 200 yard individual medley race had the best Lamorinda representation with Acalanes' Shelby Suppiger (third), Miramonte's Margaux McDonald (fifth) and Campolindo's Madeline Smith (seventh) all earning points for their schools.

Submit stories to sportsdesk@lamorindaweekly.com

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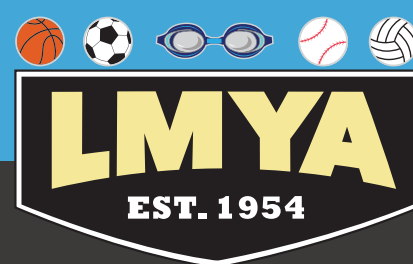
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Live Poets Society at Orinda Books

Submitted by Lamorinda Arts Council

Guest readers at the monthly reading series event on May 26 at Orinda Books in Orinda are Maw Shein Win and Rebecca Foust.

Maw Shein Win's poetry chapbook "Score and Bone" is on Nomadic Press (2016). A full-length collection "Invisible Gifts: Poems" was published by Manic D Press in 2018. Maw is the first poet laureate of El Cerrito (2016 - 2018), and her forthcoming second full-length collection of poetry will be published by Omnidawn in Fall 2020. She is currently a Visiting Scholar in the English Department at UC Berkeley.



Rebecca Foust's books include "Paradise Drive" (Press 53 Award), reviewed in the Times Literary Supplement. Recognitions include the Cavafy Poetry Prize, the James Hearst Poetry Prize, the Lascaux Flash Fiction Prize, the American Literary Review Fiction Prize, and fellowships from Hedgebrook, MacDowell, and Sewanee. Foust is passionate about literature being for everyone, not just the elite, and is happy to be able to promote this goal as Marin County Poet Laureate, an assistant editor for Narrative Magazine, and the poetry editor for Women's Voices for Change, <https://womensvoicesforchange.org/category/arts-culture/poetry>.





Digging Deep with Cynthia Brian

... read on Page D16

Feng Shui

Front entrance refresh

By Michele Duffy

We all know intuitively that the first impression a home makes, specifically the front entrance, is important for setting the tone for the entire home. Subliminal, hidden and unintended consequences can result from the myriad choices we make, so what's the skinny on preferred doors and why? And what other components enter into creating an entryway that's ready to receive blessings for everyone in the household?

Creating balance means we include all Five Elements (water, wood, fire, earth, metal) and if we do so skillfully with a professional, then we have yin-yang balance. While it's true that we always want all Five Elements to be present for balance, it can vary by room. In the master bedroom, for example, we usually want it to be quieter, more Zen-like or on the yin side so we can sleep, rest and connect with intimacy. The front entranceway has a completely opposite energetic or Qi goal from the master bedroom. Front entrance Qi is active, lively and yang, and it's important that there is a lot of strong yang Qi and lots of activity and movement there. The front entrance is also known as the first pillar or "Power Area" and is where we first place the Feng Shui Bagua map, according to the Ancient Bon Buddhist Feng Shui lineage I practice. Often called the "Mouth of Qi" the front entrance must abundantly amplify nourishing energy to support the energetic needs of whole structure.

Not only is the front entryway door important, but Feng Shui includes the journey leading up to the front door. If on the way to your home the energy meanders along curvy paths that gives the Qi a chance to gather there, and ideally, there should be lots of tidy colorful garden blooms and absolutely no garbage, clutter, or debris anywhere around the front entranceway. That first impression begins outside your home so try to create a front yard that is inviting and welcoming.

In terms of Feng Shui, the actual front door first must provide safety, privacy and a protective barrier from the outside world. Feng Shui always prefers solid wood doors for this reason. There are exceptions, for example, if your front entranceway has very little natural light we approve of glass panels but only along the very top of the front door. If the door is designed with lots of glass panels it can easily be broken and provide a way in for uninvited guests. As for the color of the door, from a Feng Shui perspective there are several reasons why red is often chosen. First, red serves a dual function of protecting the home but also red attracts Qi toward the home and strongly activates the front entrance door with red since it is a yang color.

.. continued on Page D4



Photo provided

Meandering paths and front entrance doors flanked with plants are excellent Feng Shui.

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City	Last reported	Lowest amount	Highest amount
LAFAYETTE	5	\$1,050,000	\$2,770,000
MORAGA	5	\$968,000	\$1,875,000
ORINDA	9	\$1,125,000	\$2,470,500

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

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- 615 Murray Lane, \$2,687,000, 4 Bdrms, 3851 SqFt, 1989 YrBlt, 04-01-19, Previous Sale: \$1,372,000, 11-21-12
- 1 Ruppel Place, \$1,400,000, 4 Bdrms, 2144 SqFt, 1964 YrBlt, 04-01-19
- 3167 Stanley Boulevard, \$1,200,000, 3 Bdrms, 1434 SqFt, 1951 YrBlt, 03-28-19, Previous Sale: \$930,000, 02-07-14
- 3391 Sweet Drive, \$1,050,000, 3 Bdrms, 1509 SqFt, 1955 YrBlt, 03-29-19, Previous Sale: \$470,000, 08-02-00

MORAGA

- 365 Donald Drive, \$1,875,000, 4 Bdrms, 2643 SqFt, 1971 YrBlt, 03-29-19, Previous Sale: \$1,050,000, 11-02-02
- 103 Merion Terrace, \$1,135,000, 3 Bdrms, 2486 SqFt, 1988 YrBlt, 04-01-19, Previous Sale: \$920,000, 01-05-15
- 270 Scofield Drive, \$1,150,000, 4 Bdrms, 3153 SqFt, 1963 YrBlt, 03-26-19
- 391 Springfield Place, \$1,270,000, 4 Bdrms, 1996 SqFt, 1966 YrBlt, 03-29-19, Previous Sale: \$297,000, 08-01-87
- 16 Via Barcelona, \$968,000, 3 Bdrms, 2114 SqFt, 1988 YrBlt, 03-28-19, Previous Sale: \$800,000, 04-09-08

ORINDA

- 30 Dias Dorados, \$2,470,500, 5 Bdrms, 3407 SqFt, 1960 YrBlt, 03-29-19, Previous Sale: \$1,425,000, 04-23-14
- 11 Donna Maria Way, \$1,845,000, 4 Bdrms, 2300 SqFt, 1951 YrBlt, 03-29-19, Previous Sale: \$1,375,000, 07-24-14
- 699 Ironbark Circle, \$1,650,000, 4 Bdrms, 3138 SqFt, 1976 YrBlt, 03-29-19
- 12 Las Aromas, \$1,837,500, 8 Bdrms, 9232 SqFt, 1936 YrBlt, 03-29-19, Previous Sale: \$1,420,000, 01-01-91
- 110 Lombardy Lane, \$1,750,000, 4 Bdrms, 2617 SqFt, 1950 YrBlt, 03-29-19
- 47 Lost Valley Drive, \$1,425,000, 4 Bdrms, 3059 SqFt, 1951 YrBlt, 03-28-19, Previous Sale: \$957,500, 05-25-06
- 91 Rheem Boulevard, \$1,125,000, 3 Bdrms, 1492 SqFt, 1956 YrBlt, 03-29-19, Previous Sale: \$808,000, 07-13-12
- 1 Tappan Court, \$1,450,000, 3 Bdrms, 1582 SqFt, 1954 YrBlt, 03-28-19
- 5 Williams Court, \$1,606,000, 4 Bdrms, 2475 SqFt, 1973 YrBlt, 03-27-19, Previous Sale: \$955,000, 06-30-03



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COMPASS



Feng Shui

Front entrance refresh

... continued from Page D1

My current favorite red paint color is a Benjamin Moore “Poppy” since it is cheerfully bright with zero purple in it. Yellow is also a popular color and Hawthorne Yellow, also by Benjamin Moore, is not such a blinding yellow; it’s softer and also pops with many different homes.

There is also a huge trend I am sure you have seen around town to include more wood and wood stained front entrances but also tying that in architecturally to small siding areas, garage doors and also decks and porches.

Benjamin Moore’s Arborcoat wood stain has many color and stain options, including semitranslucent all the way up to full saturation coverage. Remember, the trick is to use “brush outs” of your color choices and view them at different times of the day so you see and rate each color in vastly varied light.

Here are some other Mandala options to create a front entrance that welcomes good

fortune, happiness, vitality and health to your home:

- 1) Make sure house numbers are hung horizontally and are visible from street.
- 2) The journey to your door should be clean and include colorful fragrant blooms.
- 3) The front entrance area should not have cobwebs and ideally is tidy.
- 4) If there is room, flank your front door with colorful pots filled with flowers.
- 5) A fresh welcome doormat should match the size of your front door.
- 6) Lighting is key so always change light bulbs that burn out and clean fixtures.
- 7) Place a water feature that bubbles up as close to the front door as possible.
- 8) Consider painting your front door a bright color or re-staining, if wood.

Implementing these easy and accessible front entrance tips will allow you to welcome fully and completely the life force Qi to your home and your life.

Happy spring!



Double doors subliminally suggest braggy or bossy behavior. Try to avoid if possible or, at minimum, the doors should be to scale for the house.



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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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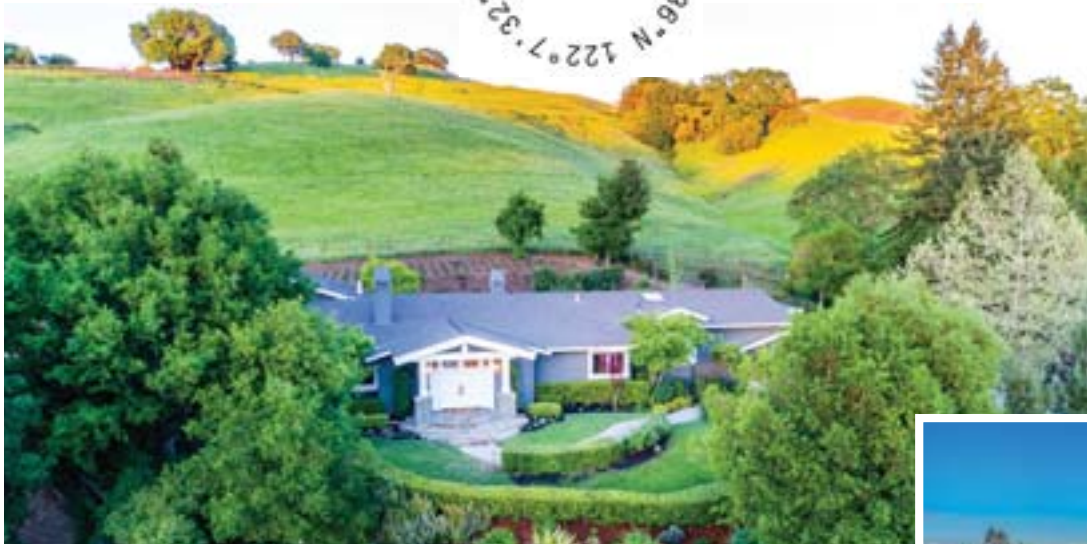
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Interior design questions answered



Photo provided

By Amanda Eck

A few weeks ago I reached out to our Lamorinda Facebook community asking if anyone had any interior design questions they wanted answered. The response was overwhelming and I am so excited to be able to tackle these questions and share them with you. With our increased access to everything online, it can be confusing trying to sort through all the noise. Between Design blogs, Pinterest, Instagram, Facebook, and Houzz it's easy to get overwhelmed. I'm looking forward to sharing my answers to your questions over the next few months.

Lighting

One question I received involved the challenge of finding lighting fixtures, especially when purchasing online. While lighting can be quite challenging, especially if you are trying to source on the internet, scale is key and even designers can be fooled by what they see online versus in person, so you are not alone. One of my favorite vendors to use for lighting is Visual Comfort. They are a to-

the-trade (meaning they sell directly to designers) company, but they also have a retail division called Circa Lighting. They are available online and have recently opened a brick and mortar store in San Francisco. It is a beautiful showroom and they have a plethora of lighting, including lamps – and they are open on Saturdays. It's definitely worth a visit: Circa Lighting, 175 Rhode Island St., San Francisco.

For a more budget-friendly lighting resource there is Shades Of Light. They are online only, but offer a huge selection of chandeliers, outdoor lighting, and lamps.

Paint

One local resident was having trouble navigating whites, since there are so many to choose from, and asked what a color expert is and how to use one. I could spend hours talking paint. And yes whites are especially tricky. You have cool and warm tones. Looking at paint on those small chips you pick up at the hardware store are no help.

Sometimes it helps to take your white paint chip and place it on a piece of white copier paper, it helps to see the undertones of

the paint color. It can have a pink, peach, yellow, green, blue, gray or violet undertone. And just because the paint name has the word "white" in it does not necessarily mean it is going to be "white."

Here are a few of my favorite whites:

- Benjamin Moore
- White Dove- OC-17
- Linen White-912
- Cotton Balls- OC-122
- Decorators White-OC-149
- Sea Pearl- OC-19
- Sherwin Williams
- Snowbound- SW 7004
- Steamed Milk- SW 7554
- Creamy- SW 7012
- Pure White- SW 7005

As for paint finishes, I like to use eggshell or matte finish on walls, flat on ceilings, and semigloss for doors and trim. For cabinetry I recommend an oil based or acrylic latex, but in a matte finish. If you are looking for the high gloss lacquered look (which is trending right now); I suggest hiring a professional that is experienced in lacquer paint, since not all painters are familiar with lacquer. Fine Paints of Europe is my go-to for lacquer paint.

Apps/Tools

One question I received revolved around whether there were any apps I could recommend for toying around with some design/layout ideas – something that your average nonprofessional amateur can figure out and use. The following are a few of my favorite online resources for furniture layout/floor plans. Most of these have a free version that is simple to use and for more complex projects you can pay a monthly fee: Floorplanner.com; Smartdraw.com; and Icovia.com.

I also like Designfiles.com for visual design boards. You can use their handy clipper tool to select a piece of furniture online and upload it to create your design.

For quick room measurements there is an app for iPhone called Measure. It's not 100 percent accurate, but it does work when you are trying to do rough measurements for your space. It's also great for when you are out shopping for furniture and don't have a tape measure on hand.

... continued on Page D12

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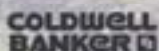
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Interior design questions answered



Photo provided

... continued from Page D8

Hopefully these tips and tools will help you with your decorating dilemmas. If you have a burning question you would like to see answered here, feel free to email me at: designdilemmas@amandacarolinteriors.com.

And don't forget to sign up for our newsletter at www.amandacarolinteriors.com for more exclusive behind the scenes, tips, tricks and inspiration. Until next time, dear friends!

As the Owner and Principal Designer of Lamorinda-based Amanda Carol Interiors, Amanda Eck believes your home's interior should be both approachable and well-appointed. She often asserts, "Beauty is a necessity."

With a distinct sense of style that mixes contemporary and classic design she fashions spaces that are both elegant and inviting. Her design aesthetic is inspired by anything visual but especially fashion, architecture and art.

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Digging Deep with Goddess Gardener, Cynthia Brian

The next best thing

“Do what you can for as long as you can and when you can’t, do the next best thing.”—Chuck Yeager



Photos Cynthia Brian

The glorious restful rose garden of Orinda gardener, Steve Giacomi By Cynthia Brian

Back in 1999 when I was co-authoring what became a New York Times bestseller, "Chicken Soup for the Gardener's Soul" with Jack Canfield, Mark Victor Hansen, and my new writer colleagues, besides the chapters that we penned, over 5,000 submissions were mailed to us from around the world as possible story inclusions. Five of us diligently read every contribution judging the contents on a 1-10 basis, then, after editing and revising the submissions that received an 8, 9, or 10, we sent them to 25 readers from all over the United States for their judgments. It was a long, slow, tedious task that took over two more years because only the very best and most appropriate 101 stories to sow seeds of love, hope, and laughter were destined for publishing.

I remember one very short story that made the final cut that at the time I didn't especially feel was deserving of this carefully curated book. It was titled, "The Next Best Thing," by Washington gardener and horticultural teacher, Ann Pehl Thomson. She wrote that when her parents reached their 70s, they had difficulties doing the things that they had previously done with ease. Their motto became a quote from test pilot Chuck Yeager, who in 1947 was the first person to break the sound barrier: "Do what you can for as long as you can and when you can't, do the next best thing."

One morning Ann's mom spied her dad lying flat on his stomach under an apple tree. Alarmed, she scurried out to help. When she got closer she saw that he had a trowel in his hand and was weeding. Exasperated, she asked, "What are you doing?" He replied, "The next best thing."

Fast-forward 20 years, and although I am not in my 70s, and still have

plenty of spring in my step, I am no spring chicken. I now appreciate fully doing the next best thing. As much as I adore gardening and laboring in the landscape, I have to be more careful and diligent to avoid injuries, aches, pains, bruises, falls and insect bites. The season has barely begun and I've already endured two tick bites, numerous cuts, and a splattering of slips down the slopes. Every rose bush and tree branch reaches out to hug me. Have you experienced similar mishaps in your garden?

How can we stay safe and work in our gardens at every age? Naturally, I have a few tips:

1. Avoid bending, twisting, and stooping by either sitting on the ground or using a stool or chair to pull weeds and do light tilling. I use a pad to sit on the ground, then, scoot around to do my chores. It saves my back from BLT (bending, lifting, twisting).
2. Wear long sleeve shirts and long trousers. This one is hard for me because I come from a long line of bikini gardeners. My preferred clothing when it's warm is to wear my bathing suit or tank top and shorts. Unfortunately, the scratches and bites multiply in this attire.

... continued on Page D17



If space is an issue, shelves of succulents are attractive.

Digging Deep with Goddess Gardener, Cynthia Brian

The Next Best Thing



Pick dandelions from an organic lawn and add to salads.

... continued from Page D16

3. Spray DEET or other bug spray on your clothing and wear a scarf and gloves to deter the biters. I have purchased scarves, shirts, socks, and leggings from Insect Shield (www.insectshield.com) with a technology that was originally developed to protect the United States Military. Their process binds a proprietary permethrin formula tightly to fabric fibers—resulting in effective, odorless insect protection that lasts through seventy-two washings. It repels ticks, mosquitoes, ants, flies, and more. And it

works! When I don't wear it, I fall prey.

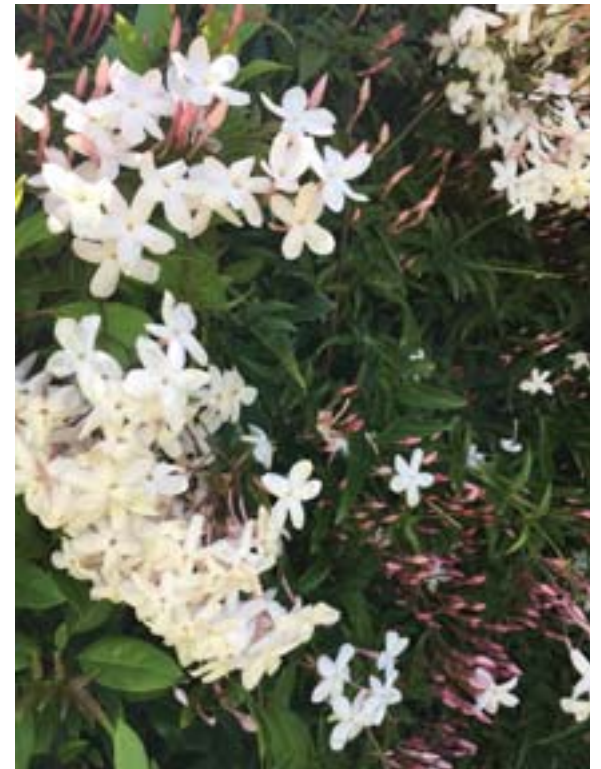
4. Paint tool handles a bright color. When my hand clipper fell out of its holster into my lush ground cover, the bright red handles were easily discoverable.

5. Buy a box of surgical gloves to wear under your regular gardening gloves. I love the feel of the dirt and the plants, which means I am always removing my gardening gloves. The surgical gloves provide protection and I can still feel my way around.

6. Invest in a pair of good boots with durable, nonslip soles. Use your clogs for simple things like watering, but for the heavy tasks, boots are the answer. On our ranch boots are the required footwear as rattlesnakes may be lurking in the grass. Plus balance is increased with sturdy footwear.

7. Grow vegetables and flowers in raised beds. Besides easier harvesting, when you design your raised beds with tough meshed wire underneath, you'll keep the rodents, rabbits, and other diggers out of your precious treasures.

8. Make paths wider. When I first created my stairways and walkways, they were a narrow 30 inches. I have now redesigned them to be more open, up to four feet wide, allowing me to maneuver easily with my myriad tools and plants.



Photos Cynthia Brian

Jasmine perfumes the air and is a great climber.

... continued on Page D19



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Cynthia Brian's Mid-Month Gardening Guide for May

CHECK irrigation system for leaks or broken heads. Make sure to test your lawn sprinklers, which could be buried by newly growing grass.

WATER lawns infrequently yet deeply to maintain green space.

BEE CAREFUL as bees are busy pollinating.

WATCH out for gophers, moles, voles and other burrowing pests.

AERATE your lawn allowing oxygen and water to penetrate roots.

CONTINUE to collect and discard fallen camellia blooms until your bush or tree has stopped blooming.

BAIT for snails and slugs.

INHALE the sweet scents of jasmine and roses in full bloom.

EMPTY the water from all containers. Change birdbaths often to keep mosquito larvae from developing.

PRESCRIBE parks instead of pills. Get outside every day in nature.

PLANT deer resistant bearded iris rhizomes in sunny spots for perennial flowering in spring and fall. They will multiply to allow you to divide and replant elsewhere,

COLLECT dandelion leaves daily from your pesticide-free lawn or garden to add tang to salads and soups.

ADD waterwise succulents to your garden environment.

SPRAY crape myrtles and roses for mildew.

Thank you to everyone who sent comments and compliments about my article on Firescaping. I am happy it is beneficial. If you missed it, you can read it at www.lamorindaweekly.com/archive/issue1305/Digging-Deep-with-Cynthia-Brian-for-May-FireScaping.html

Happy Gardening. Happy Growing.



A hillside of purple bearded iris and California poppies.

Photos Cynthia Brian



Camellias and Chinese fringe set a colorful stage.

... continued from Page D17

9. Sport a wide-brimmed hat and an apron with pockets. My straw fire hat keeps the tree leaves out of my hair and my cooking apron keeps my clothes from becoming tattered while allowing me to store my bottle of water in a pocket for rapid rehydrating. A bottle of sunscreen resides in a side pouch for reapplication during my time outdoors.

10. Know when to ask for help. In my youth, I prided myself on doing everything myself from chopping wood to building stairs up or down steep hillsides to digging trenches for irrigation pipes and carrying hundreds of pounds of rock to create dry riverbeds. Now I'm wiser and ask for assistance with heavy jobs that could present a safety hazard for me.

Gardening enriches our lives in every way. We become physically stronger, mentally more acute, and definitely less stressed. I lose track of time when I'm gardening and a cascade of ideas for various enterprises floods my brain. The bottom line is that being in nature is mandatory for our pleasure and health of body, mind, and spirit. The sounds, smells, and sights of the natural world are soothing and enhance appreciation for life.

Hopefully, like Ann's Dad, I, too, will be found face down with a trowel in hand under a tree digging in my 70s, 80s, 90s, and beyond. Whatever it takes to supplement your abilities, here's permission to do the next best thing!



Cynthia Brian at sunset amidst the roses and bottle brush.

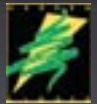
Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her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

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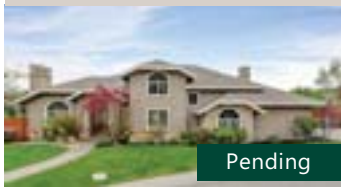


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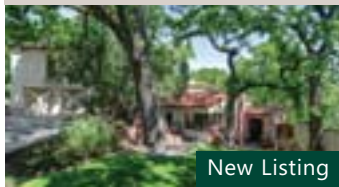
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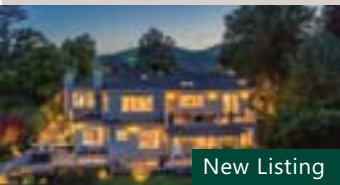
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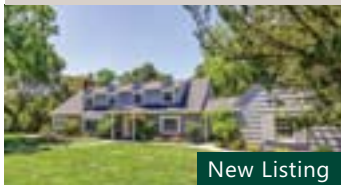
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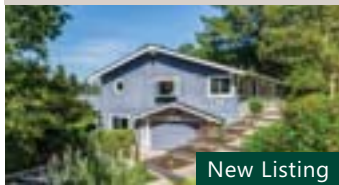
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